

Seated Leg Curl

Bilateral seated selectorized leg-curl machine

Key positions



1. Start: knees aligned with the machine pivot



2. Curl: controlled flexion with hips supported

Muscles worked

Main muscles

- Hamstrings (biceps femoris, semitendinosus and semimembranosus): the primary knee flexors.

Supporting muscles

- Gastrocnemius can assist knee flexion; its contribution varies with ankle and knee position.
- Trunk and grip muscles help steady the body and hold the handles.

What makes it useful

A seated single-joint exercise for the back of the thighs. The backrest and thigh pad support the body while the lower-leg roller travels down and back.

Movement & technique

Seated Leg Curl | Keep your back and hips supported. Curl down, then return slowly.

Before you start

Follow the machine's placard and choose a light load. Check cables, pads and adjustments; fully secure selector and adjustment pins. Adjust only with the stack resting.

1 Align the seat and knees

Sit with back and pelvis supported. Adjust the backrest so the knee joints roughly align with the machine's pivot. Choose a comfortable start range without locking the knees.

2 Fit the pads and hold

Following the placard, fit the roller behind the lower legs near the ankles. Secure the thigh pad comfortably above the kneecaps. Hold the handles and keep ankles in a comfortable natural position.

3 Curl down and back

Exhale and bend both knees smoothly, drawing the roller down and back. Keep thighs and knees steady, with back and hips supported. Stop at a comfortable controlled range within the machine's limits.

4 Return under control

Inhale and slowly extend the knees back to the start. Keep the roller in contact with the lower legs. Avoid bouncing or snapping the knees straight, and do not drop or slam the stack.

Form reminders

- Align knees with the pivot and keep hips and thighs supported throughout.
- Place the roller behind the lower legs near the ankles, not against shins or soles.
- The hold-down supports the lower thighs above the knees, not the kneecaps.
- Use a comfortable ankle position and move both legs at the same controlled pace.

Finish safely

- Follow the model's adjustment and exit procedure. Let the stack rest before releasing pads; keep hands clear of moving parts.
- Stop for knee, hamstring or ankle pain or dizziness. Reduce the load if posture or pad contact cannot stay controlled.

References

1. Cybex VR3 Total Access Seated Leg Curl - Owner's Manual (kb.cybexintl.com)
2. ACE Sponsored Research - Hamstrings (2018) (acefitnessmediastorage.blob.core.windows.net)
3. Li et al. (2002) - Gastrocnemius as a Knee Flexor (pubmed.ncbi.nlm.nih.gov)
4. ScottHermanFitness - Seated Leg Curl (movement reference) (www.youtube.com)