

**EXERCISES OF THE MONTH**

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**Basic**

- **Standing Leg Curl**

  **Starting Position**
  - Balance on the foot of the nonactive leg.
  - Bend the other leg to place heel/lower calf under roller pad.
  - Hold on to machine with hands for balance.

  **The Exercise**
  - Flex the knee slowly to bring the foot as close to buttocks as possible.
  - Return roller pad to starting position by slowly straightening the knee.
  - Keep the rest of the body motionless.

  **Muscles Used**
  Hamstrings.

  **Note**
  Depending on apparatus adjustability or the athlete's height, it may be advisable to stand on a slightly elevated surface in order to completely extend the working knee.
Advanced

Reverse Leg Curl

Starting Position
- Kneel on a padded surface with an assistant securely holding the ankles.
- Assure a comfortable position for feet and knees.
- Place hands in front of chest or behind the low back.

The Exercise
- Slowly lean forward, straightening the knees.
- Use the hamstrings to eccentrically lower the torso toward the mat.
- Your ability to control this motion will depend on strength and available leverage.
- If lower body approaches the mat too quickly, hands should be placed to catch the torso in a push-up position.
- Push off the floor as in a kneeling push-up and contract the hamstrings in order to return the torso to the starting position.

Muscles Used
Hamstrings, gluteals, spinal erectors, gastrocnemius.

Note
This exercise should not be attempted until proper strength has been developed in the hamstrings. Place a spotter in front to assure a safe and controlled descent to the mat.