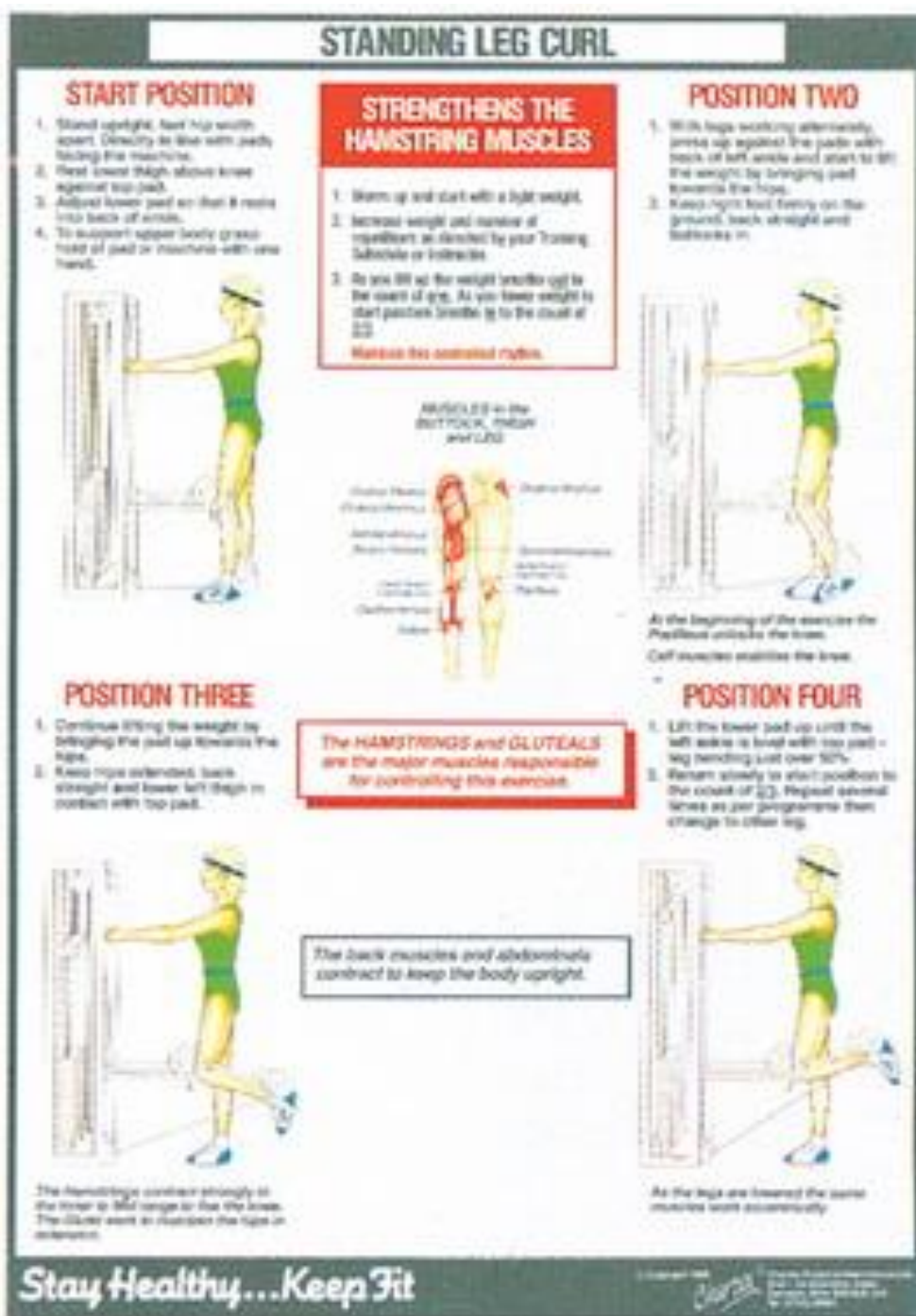


Standing Leg Curl Wall Mounted Chart– CT128

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Standing Leg Curl exercise. Instructional information is provided at each phase of the exercise to ensure that the exercise is done properly and safely. Muscle action is also analyzed at each movement as the knee is flexed against the resistance. The chart helps to reinforce good coaching by the Gym Instructor and is ideal for fixing on the wall next to your weight training machine.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "STANDING LEG CURL" and is divided into four main sections: START POSITION, POSITION TWO, POSITION THREE, and POSITION FOUR. Each section includes a numbered list of instructions and an illustration of a person performing the exercise. A central anatomical diagram shows the muscles of the buttocks, thigh, and leg. Text boxes highlight key muscle groups and safety tips.</p> <p>START POSITION</p> <ol style="list-style-type: none"> Stand upright, feet hip width apart. Directly in line with heels facing the machine. Rest lower thigh above knee against top pad. Adjust lower pad so that it rests into back of arms. To support upper body grasp top of pad or machine with one hand. <p>STRENGTHENS THE HAMSTRING MUSCLES</p> <ol style="list-style-type: none"> Warm up and start with a light weight. Increase weight and number of repetitions as directed by your Training Schedule or Instructor. As you lift up the weight breathe out to the count of 2. <p>POSITION TWO</p> <ol style="list-style-type: none"> With legs working alternately, push up against the pads with back of left ankle and start to lift the weight by bringing pad towards the hip. Keep right foot firmly on the ground, back straight and buttocks in. <p>POSITION THREE</p> <ol style="list-style-type: none"> Continue lifting the weight by bringing the pad up towards the hip. Keep hips extended, back straight and lower left thigh in contact with top pad. <p>POSITION FOUR</p> <ol style="list-style-type: none"> Lift the lower pad up until the left ankle is level with top pad - leg bending out over 90°. Return slowly to start position to the count of 2. Repeat several times as per programme then change to other leg. <p>Muscle Diagram Labels: Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Hamstrings (Biceps Femoris, Semitendinosus, Semivastus), Calf Muscles (Gastrocnemius, Soleus).</p> <p>Text Boxes:</p> <ul style="list-style-type: none"> "The HAMSTRINGS and GLUTEALS are the major muscles responsible for controlling this exercise" "The back muscles and abdominals contract to keep the body upright." "At the beginning of the exercise the Psoas muscle contracts the knee. Calf muscles stabilize the knee." "As the legs are lowered the same muscles work alternately." <p>Bottom Text: Stay Healthy...Keep Fit</p>