Cybex Prone Leg Curl

Hamstrings

Adjust the optional range limiter if needed. Lie face down on the machine. Your knees should be in line with the red pivot point. You will feel your knee caps hanging off of the thigh rest. Place your ankles under the ankle pad. Rest your elbows on the elbow pad and hold the handles.

Select a weight on the weight stack. Use the optional 2.5 pound increments if needed. Exhale as you bend your knees to lift the weight. Inhale and slowly lower the weight back to the starting position.