**Iso-Lateral Kneeling Leg Curl**

**Start**

**Finish**

**Muscles Exercised** – Hamstrings, Glutes

**Set up**

Stack weight for each side separately. Move the triangle pad to the opposite of the hamstring you want to work. Lean forward to rest your arms and grip the extended handle. Finally, place your calf against the lower pad.

**Performing the exercise**-

1. Curl the extended leg to make less than 90 degrees of angle.

2. Keep your thigh against the pad

3. Slowly lower the raised leg to the starting position.