**Muscles Exercised** – Hamstrings

**Setup**
Sit down on seat and adjust the back pad by pulling the knob under the left side of the seat. The seat should be adjusted so that the knee lines up with the axis of rotation (pivot point). Adjust the ankle pad so it’s positioned just under the ankles. Check appropriate resistance on weight stack. Lower the thigh pad until it’s comfortable. Keep back straight and head up.

**Performing the Exercise**
Hold the thigh pad handles. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out. Raise the thigh pad to exit the machine.