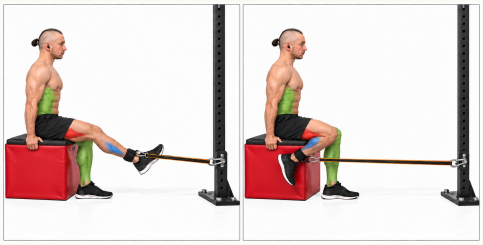
Exercise technique

Seated single-leg band curl

8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

RESISTANCE BANDS