Exercise technique

Seated single-leg band curl / Pilates pair

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; two matching bands on the working side.

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.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS