

STANDING LEG CURL

Stand facing the back of a chair with your feet shoulder-width apart. Hold the back of the chair with one or both hands to maintain your balance.

Bend your right knee and lift your heel up toward your buttock. Hold for two to three seconds, then lower back down.

Repeat 10 leg curls on each side. Work up to three sets of 10 repetitions. As strength improves, add ankle cuff weights to increase resistance.

