



LOCATION	WRITTEN BY:	APPROVED BY:	DATE CREATED	LAST REVISION
Shaftesbury High School Room: ALC (weight room) Subject: PE	Paul Bryant	S&H Committee	June 20,2014	New

HAZARDS PRESENT	ADDITIONAL REQUIREMENTS
<ul style="list-style-type: none"> <li>✓ Pinch Points,</li> <li>✓ Musculoskeletal Injuries (MSI, Repetitive Strain)</li> <li>✓ Sprains &amp;, Strains</li> </ul>	<ul style="list-style-type: none"> <li>✓ Equipment Room Orientation and Teacher Instruction.</li> <li>✓ Wear appropriate footwear. Shoes must be fully enclosed, no open toes. E.g. sandals</li> <li>✓ Close fitting clothes must be worn. Remove strings hanging from pullovers/sweaters.</li> </ul>

EQUIPMENT PICTURES	VISUAL : HOW TO USE
	

SAFE WORK PROCEDURE
<ul style="list-style-type: none"> <li>• <b>DO NOT</b> use this machine unless a teacher has instructed you on its safe use and operation and has given permission.</li> <li>• <b>NEVER</b> operate this machine if it has been damaged in anyway.</li> <li>• <b>DO NOT</b> attempt to fix a broken or jammed machine. Notify Physical Education Staff.</li> </ul> <p><b>PROCEDURE:</b></p> <ol style="list-style-type: none"> <li>1. Select appropriate resistance and adjust seat. Make sure pin is securely in place and avoid pinch points on machine.</li> <li>2. Adjust the machine lever to fit your height and lie face down on the leg curl machine with the pad of the lever on the back of your legs (just a few inches under the calves).</li> </ol> <p><b>Tip:</b> Preferably use a leg curl machine that is angled as opposed to flat since an angled position is more</p>

favorable for hamstrings recruitment.

3. Keeping the torso flat on the bench, ensure your legs are fully stretched and grab the side handles of the machine. Position your toes straight (or you can also use any of the other two stances described on the foot positioning section). This will be your starting position.
4. As you exhale, curl your legs up as far as possible without lifting the upper legs from the pad. Once you hit the fully contracted position, hold it for a second.
5. As you inhale, bring the legs back to the initial position..
6. Repeat the movement for the desired amount of reps.
7. Once completed, stand up and dismount the unit carefully.
8. If at any time you feel faint, dizzy or experience pain, stop and consult your physical education teacher.

**VARIATIONS:**

- The three foot positions give you three exercises:
- It is also possible to use one leg at a time for better isolation. Adjust resistance appropriately.

**REGULATORY REQUIREMENTS**

- WS&H Act W210, Section 9.3(1)
- Regulations,
  - Part 16, Section: 16.1-16.8
  - Part 2, Section 2.1- 2.2, 2.7-2.9, 2.14
- Manufacturers User manual