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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## Exercise The Right Way – The Leg Curl

By Rick Mitchell

### Exercise The Right Way – The Leg Curl by Rick Mitchell

In this article we'll take a close look at the leg curl.

MUSCLES TARGETED: semimembranosus, semitendinosus, biceps femoris

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

### Secret Training Tip #242 – Be 10% Stronger in Leg Curls Instantly!

By Nick Nilsson

For information on how to do the leg curl exercise, go to

[http://www.fitstep.com/Library/Exercises/Leg\\_curls.htm](http://www.fitstep.com/Library/Exercises/Leg_curls.htm)

<http://www.thebestexercises.com>

or visit

## Exercise The Right Way – The Leg Curl

<http://www.fitstep.com>

. You can contact him at

[betteru@fitstep.com](mailto:betteru@fitstep.com)

or subscribe to BetterU News, his fitness newsletter at

[betterunews@fitstep.com](mailto:betterunews@fitstep.com)

Secret Training Tip #242 – Be 10% Stronger in Leg Curls Instantly!

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