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## hamstring SLDL vs. hamstring curls

Posted by Vanessa Hawkins - 2009/04/04 09:30

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Silly me to think I was working my hamstrings doing curls. I did my first SLDL on Saturday

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## hamstring SLDL vs. hamstring curls

Posted by Lyle McDonald - 2009/04/04 09:30

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## hamstring SLDL vs. hamstring curls

Posted by David Cohen - 2009/04/04 09:30

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## hamstring SLDL vs. hamstring curls

Posted by Wendy Marsden - 2009/04/04 09:30

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concentrating on squeezing my hams and glutes like Krista's website says. And we, that group of guys standing behind you, say thank you. That's funny, the guys behind me when I do SLDL are groaning and looking away. Except the one playing Baby's got Back on his too-loud walkman. Wendy, puzzling as she sits on her fat ass

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Posted by Robert M. Lewis - 2009/04/04 09:30

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Posted by J. Carrey - 2009/04/04 09:30

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Posted by Mark Rhodes - 2009/04/04 09:30

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Posted by Lyle McDonald - 2009/04/04 09:30

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Posted by cl - 2009/04/04 09:30

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they're actually quite different exercises from my experience. the hamstring is not actually one muscle, but a group of 5 muscles. 5? Care to name them? John,Lysis,Omega,Lyle,Eliz?

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## hamstring SLDL vs. hamstring curls

Posted by Theresa - 2009/04/04 09:30

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leg curls and SLDL emphasize very different areas of the hamstrings. How so? Well, the short head of biceps femoris flexes the knee but doesn't extend the hip, so it wouldn't get isotonic work from a SLDL, unlike the long head and semimembranosus and semitendonosus, right? More generally, does it make any difference which end of the muscle - um, hip extension or knee flexion - is working? Or is that a myth? T

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Posted by John - 2009/04/04 09:30

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More generally, does it make any difference which end of the muscle - um, hip extension or knee flexion - is working? Or is that a myth? It doesn't make any difference which end of a muscle in general is worked, but your earlier comparison of the hamstring musculature is right on the money. Nice job. John

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Posted by Jay Hillman - 2009/04/04 09:30

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Posted by John - 2009/04/04 09:30

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Jay Hillman wrote:You mean like Reverse Muscle action? My take on her question was, does it matter whether you work the hamstring via hip extention or knee flexion. The answer is both IMO if no other reason that the biceps femoris. I may have interpreted the question wrong. John

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Posted by Lyle McDonald - 2009/04/04 09:30

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More generally, does it make any difference which end of the muscle - um, hip extension or knee flexion - is working? Or is that a myth? Maybe from a neurological standpoint (and SLDL involves other muscles either statically or dynamically that leg curl won't), I doubt it makes much difference from any other standpoint. Lyle

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Posted by Peter Rosa - 2009/04/04 09:30

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Posted by Vanessa Hawkins - 2009/04/04 09:30

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concentrating on squeezing my hams and glutes like Krista's website says. And we, that group of guys standing behind you, say thank you. That's funny, the guys behind me when I do SLDL are groaning and looking away. Except the one playing Baby's got Back on his too-loud walkman. Wendy, puzzling as she sits on her fat ass Ha! I think the guys sitting behind me were thinking what the hell does that girl think she's doing? I've never seen anyone DL or SLDL at my gym. Or free squat, for that matter. Take THAT, you big chested, stick-legged peacekeepers!

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leg curls and SLDL emphasize very different areas of the hamstrings. How so? Well, the short head of biceps femoris flexes the knee but doesn't extend the hip, so it wouldn't get isotonic work from a SLDL, unlike the long head and semimembranosus and semitendinosus, right? That's about the only difference: SLDL won't work biceps femoris short head which is only involved in knee flexion (and some rotation). It's a fairly small muscle though. Considering that I have knee problems and can use all of the support I can get, is there much benefit to alternating between SLDL and curls just to work the biceps femoris short head?

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leg curls and SLDL emphasize very different areas of the hamstrings. Then he would've had a point, right? Your knee flexors work isometrically on a SLDL, though, right? To keep your knees bent, or at least to keep your knees from hyperextending? Is that enough knee flexion work, or should one supplement squats/deads/SLDLs/good mornings/reverse hypers/et cetera with leg curls?

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Posted by Mark Rhodes - 2009/04/04 09:30

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Posted by Lyle McDonald - 2009/04/04 09:30

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To keep your knees bent, or at least to keep your knees from hyperextending? Is that enough knee flexion work, or should one supplement squats/deads/SLDLs/good mornings/reverse hypers/et cetera with leg curls? Depends on goals, I suppose. Lyle

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Posted by Seth Bredbart - 2009/04/04 09:30

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f This is ridiculous. How could SLDL with that light a weight be so much harder on the hamstrings than hamstring

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curls with more than 2x that weight? But I would think that with SLDL you are also lifting the weight, or at least part of it, of the upper half of your body. So you may in fact, depending on how much your upper body weighs, be lifting a lot more than your 2x weights only on the hamstring curl. Not only that, but consider the leverage. You might be lifting twice the weight with the hamstring curl, but how high does the weight stack actually move? With the SLDL, how much vertical distance did the bar move? Foot-pounds (OK, kg-meters for the Euro weirdos) are the correct comparison.  
Seth

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Posted by Mistress Krista - 2009/04/04 09:30

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abolish the hamstring curl from my universe and rather do SLDL's and Good Mornings in its place, but he wasn't keen on the idea, saying that I need the isolation work. Why? Perhaps your friend could explain that. I would assume that it would assist you in running, but I'd be interested in knowing his rationale. In any case, a trick to make things easier with stupid weight stacks that have big incremental jumps (why, oh why are these machines designed this way?) is just to rest a small dumbbell on top of the stack. If that doesn't work, other options are:

<http://www.exrx.net/WeightExercises/Hamstrings/CBLyingLegCurl.html>

<http://www.exrx.net/WeightExercises/Hamstrings/CBStandingLegCurl.html>

[http://www.myodynamics.com/exdex/lowerbod\\_art\\_ham6.html](http://www.myodynamics.com/exdex/lowerbod_art_ham6.html)

[http://www.myodynamics.com/exdex/lowerbod\\_art\\_ham7.html](http://www.myodynamics.com/exdex/lowerbod_art_ham7.html) Krista

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