



QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Video # XVW9CNGS4

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 3 Times a Week



SHORT ARC QUAD - SAQ - KNEE EXTENSION

Place a ball or rolled up towel under your knee and slowly straighten your knee as you lift your foot. Lower back down and repeat.

Video # XVNN289PR

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 3 Times a Week



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Video # XVWMQPAZY

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 3 Times a Week





Long Arc Quad

Lie on your back and place a towel around the undersurface of your thigh...or interlock your fingers...and hold your leg up. Then lift your foot upward until you feel a stretch on the back of your thigh, then release back to down to start position.

Video # XVHA98ASY



Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	3 Times a Week