

Flexibility Exercise #3: Standing Quadriceps Stretch

Objective: This exercise stretches your upper thigh.

How to begin: **Always make sure you are limber before stretching by doing some light walking around.*

1. Grab a chair or the back of a couch for support, as you will be balancing on one leg for this exercise. The more support, the better.
2. Hold on to the chair with your right hand. Bend your left knee, and, using your left hand, grab your leg by the ankle or back of your pantleg and gently pull your foot towards your bottom. **You can tie a band around your leg if you need assistance lifting.*
3. Hold this position for 15 - 30 seconds, then let your leg back down and repeat with your right leg.
4. Be sure to breath throughout this exercise. Deep breaths in through your nose, breath out through your mouth.

Goal:

Do _____ sets, 15 - 30 seconds per set.

Increase to:

_____ sets, 15 – 30 seconds per set.

A.



B.



C.

