

## Bed-Based Strength Exercise #1: Single Leg Heel Push

**Objective:** This exercise strengthens your quadriceps.

### How to begin:

1. Begin by lying on your back with your right knee slightly bent and your left leg flat on the floor.
2. Flex your right foot and bring it as close to your buttocks as you can.
3. Slowly slide your right foot away from your buttocks until your leg is fully extended.
4. Return your right foot to the starting position.
5. Do \_\_\_\_ sets, \_\_\_\_ per set.
6. Repeat on the opposite side.

*\*\*If performing this on a bed or on carpet, it may be helpful to have socks on to allow for your foot to “drag” or slide.*

### How to progress:

1. Use ankle weights.
2. Use both legs together.

### Goal:

Increase to: \_\_\_\_ sets, \_\_\_\_ per set.

### The following activities can be similar to this exercise:

1. Climbing stairs.
2. Standing up from sitting in a chair.

**A. Starting position with one knee slightly bent with the other leg flat on floor.**



**B.**



**C.**

