

### Level 1 Strength Exercise #8: Seated Knee Extension

**Objective:** This exercise strengthens your quadriceps (thighs). *\*May reduce symptoms of arthritis of the knee.*

#### How to begin:

1. Begin seated in a sturdy chair, sitting up tall, with your chest up and your feet flat on the floor. Breathe in slowly.
2. With your foot flexed, breath out and slowly extend one leg in front of you as straight as possible (avoid locking your knee).
3. Hold this position for one second.
4. Take a deep breathe in as you begin to lower your leg back down.
5. Repeat on the opposite side.

#### How to progress:

1. Use ankle weights.

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

1. Practicing this exercise can make it easier to climb stairs.

#### Goal:

Do \_\_\_\_sets \_\_\_\_per set.

Increase to: \_\_\_\_sets \_\_\_\_per set.

A.



B.



C.

