## 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, <u>breath out</u> 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:

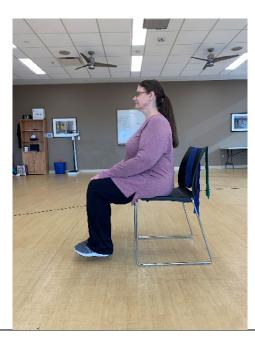
1. Practicing this exercise can make it easier to climb stairs.

Goal:

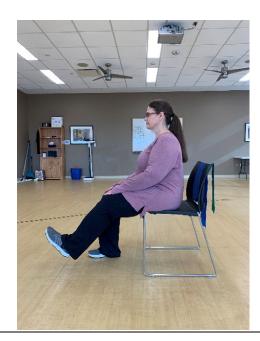
Do \_\_\_\_sets \_\_\_per set.

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

A.



В.



C.

