

## Quadriceps Stretch

**Muscles Stretched:** Front of thigh (quadriceps)

**Technique:**

To do this exercise correctly and safely, the ankle should be held with the opposite hand.



1. Stand with your feet shoulder-width apart.
2. Rest your left hand on the top of a chair for balance.
3. Grasp your left ankle with your right hand.
4. Gently pull your left heel towards your butt.
5. Feel the stretch in the front of your left thigh.

Hold, then release.

Reverse sides to stretch your right quadriceps, holding your right ankle with your left hand.