

Flexibility (Quads)

Quad and Back



Exercise Description:

Quad and Back

Classification:

Flexibility (Quads)

Instructions:

Starting Position: Start by kneeling on your knees and placing your hands on your lower back or upper hips.

Lean back and push your hands into your hips until a stretch is felt in your low back and thighs.

Hold for the prescribed number of seconds.

Side lying quad stretch



Exercise Description:

Side lying quad stretch

Classification:

Flexibility (Quads)

Instructions:

1. Start by lying on your side and bending your top leg so that your foot is behind you.
2. Take the toning bar and place it so that you can use it to pull your foot back towards your hip.
3. Pull on the bar until a comfortable but moderate stretch is felt on the front of your

thigh.

4. Hold for the prescribed number of repetitions and repeat with the other leg.

Standing quad stretch



Standing quad stretch

Classification:

Flexibility (Quads)

Instructions:

1. Standing with a shoulder width stance and hang onto an object for support.
2. Bring one foot up and grab with your hand.
3. Pull your foot up until you feel a stretch on the front of your thigh.
4. Hold for the prescribed time and repeat with the other leg.

Quad stretch with bands



Exercise Description:

Quad stretch with bands

Classification:

Flexibility (Quads)

Instructions:

1. Lie face down on the floor and place a band around 1 foot and hold the other end with your hands.
2. Pull on the band so that your knee is bent until a comfortable stretch is felt on the front of your thigh.
3. Hold for the prescribed number of seconds and then repeat with the other leg.

Quad Psoas Stretch

**Exercise Description:**

Quad Psoas Stretch

Classification:

Flexibility (Quads)

Instructions:

1. Start by placing one knee on the balance disc with the foot on top of the stability ball.
2. Your other leg should be bent 90 degrees at the knee with your foot flat on the floor.
3. Slowly slide your foot on the floor forward and lean with your upper body towards the floor until a comfortable but moderate stretch is felt.
4. Return to the starting position and repeat or hold for desired amount of time if you would like.
5. Repeat with the other leg.

Hip Flexor Quad Stretch**Exercise Description:**

Hip Flexor Quad Stretch

Classification:

Flexibility (Quads)

Instructions:

1. Step out 1-2 feet with one foot.
2. Slowly push pelvis downward and forward until stretch is felt in front of back thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight.

Side Lying Quad Stretch



Exercise Description:

Side Lying Quad Stretch

Classification:

Flexibility (Quads)

Instructions:

1. Lie on your side on floor or bench
2. Pull heel toward buttocks until stretch is felt in front of thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight - avoid hyperextending back during stretch by keeping abdominals tight.

Supine Quadricep Stretch



Exercise Description:

Supine Quadricep Stretch

Classification:

Flexibility (Quads)

Instructions:

1. Sit on the floor in a hurdlers position.
2. Lean back and support your upper body with your hands until a comfortable stretch is felt in your quadricep.
3. Hold for the prescribed time and then repeat with the other leg.

Standing Quad Stretch



Exercise Description:

Standing Quad Stretch

Classification:

Flexibility (Quads)

Instructions:

1. Start by placing your foot on a stool or tall bench.
2. Slowly bend down until a comfortable stretch is felt on the front of the thigh.
3. Hold this stretch for the desired time and then repeat for the desired repetitions. Repeat with the other leg.