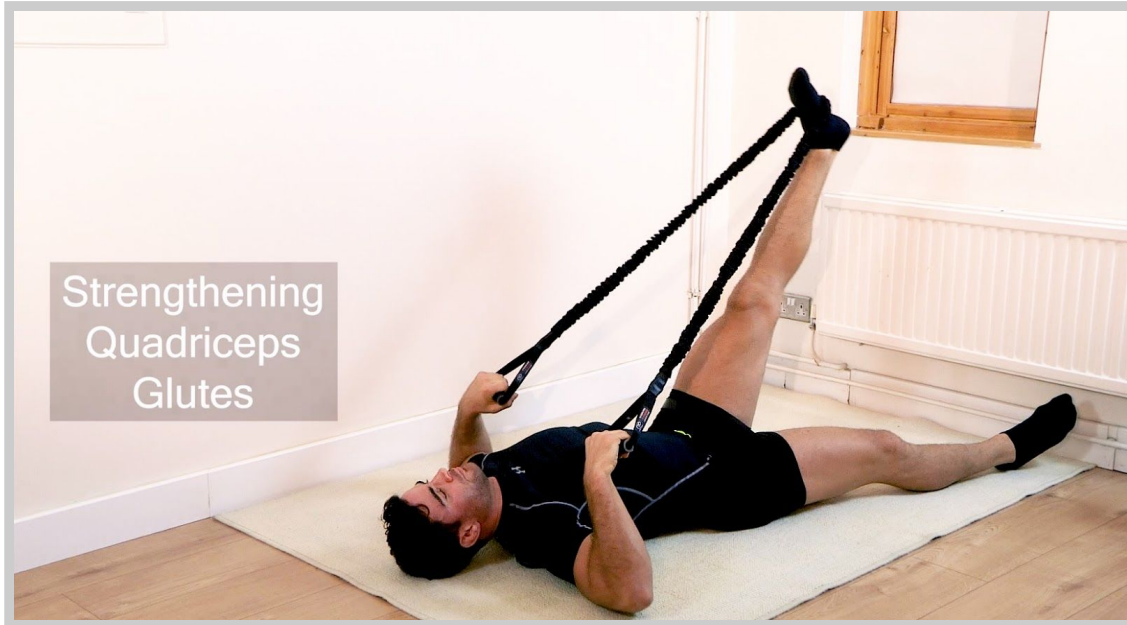


# QUADRICEPS EXERCISE

LEGS139



## AREAS AFFECTED

**Quadriceps  
Glutes**

## ADVICE

**Lie your back on the floor. Bend one knee and place an exercise band under that foot. Pull the band back as you straighten that knee. Hold and repeat.**