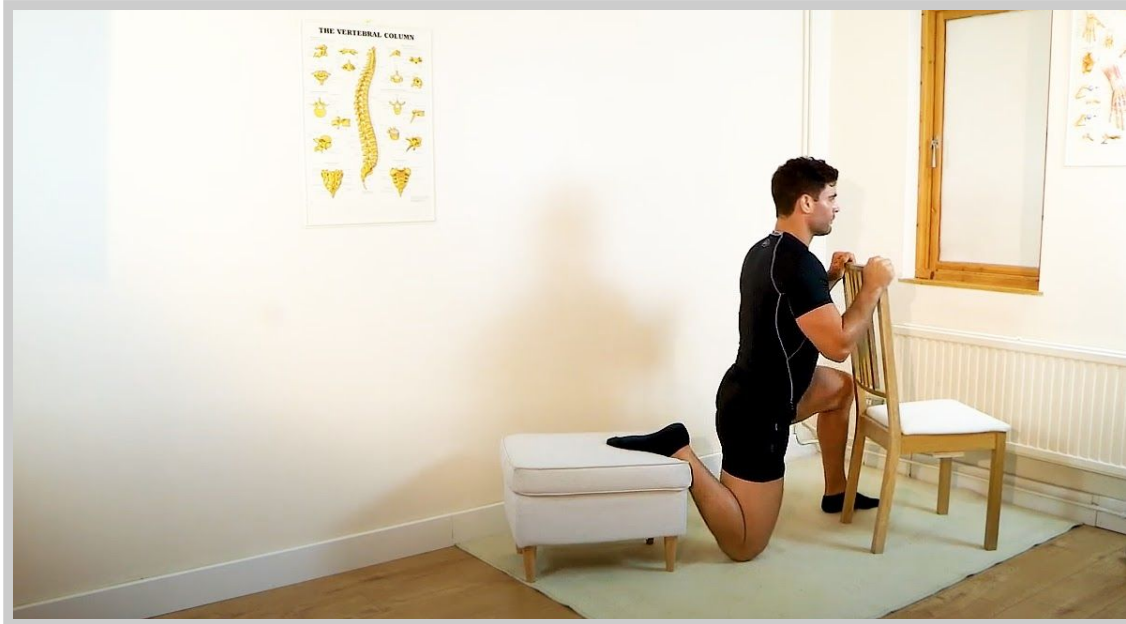


# QUADRICEPS STRETCH

LEGS74



## AREAS AFFECTED

**Quadriceps  
Psoas  
Hip joint**

## ADVICE

**Kneel on one knee close to a stool and facing away from it. Place your foot on the stool. Hold on to a chair in front of you and push your body backwards to increase the stretch.**