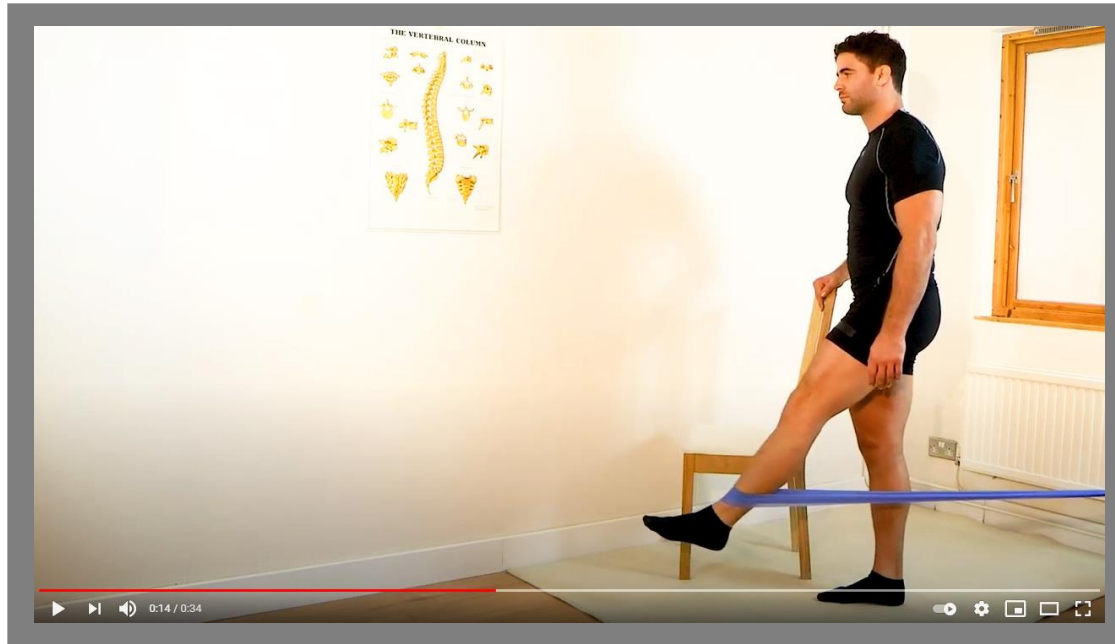


# HIP FLEXION EXERCISE – USING ELASTIC

LEGS35F



## AREAS AFFECTED

Quadriceps and  
Psoas muscles  
Hip

## ADVICE

Hold onto a steady object. Attach a looped exercise band around your ankle and onto a fixed object behind you. Stretch the band by moving your leg forward. Hold for a few seconds. Repeat.