

Single Leg Quad Stretch



Description: Quadricep Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

Instructions

1. Plant your right foot on the ground with arms by your side.
2. Shift weight to your right foot, and slowly bend your left knee, lifting your foot towards your glutes.
3. Grab hold of your left foot or ankle with your left hand and hold for 30 seconds.
4. Release your left foot and repeat with the right side.
5. You should feel the stretch in your quadriceps.

Tips & Modifications

- Use the wall or other surfaces to help with balance.
- Keep your knees close together.
- If you are unable to grab your leg or ankle, perform the single leg quad stretch lying down.



Click here or scan the QR Code to the right to watch video instructions!

