



ADVANCED TRAINING AND PERFORMANCE

Quadricep stretch



Exercise Description

1. Standing on one leg, grab your ankle and bring your heel to your bottom
2. This should stretch the front of your thigh
3. Sets and reps
 - 1-2 times/day
 - 1-2 sets
 - 30-60 second holds each side

The Why

This should work on mobility of your knees and hips. The stretch should feel good and not result in pain.

