

## Quads (bands)

### Double leg kick with fitband



#### **Exercise Description:**

Double leg kick with fitband

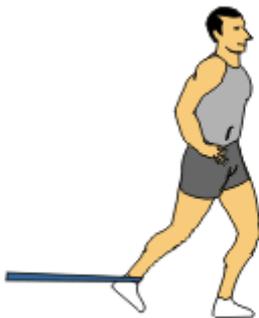
#### **Classification:**

Quads (bands)

#### **Instructions:**

1. Lie face down on your stomach and wrap the band around the tops of your feet. Grab the handles with your hands.
2. Start with your legs bent and your hands above your head.
3. Kick your feet so that your legs are extended and the band will provide resistance for your legs. Your arms will slowly come down to your sides. Try to resist the bands to provide more resistance.
4. Return to the starting position and repeat.

### Hip Flexor thrust



#### **Exercise Description:**

Hip Flexor thrust

#### **Classification:**

Quads (bands)

#### **Instructions:**

1. Stand with feet hip width apart and place a band around the ankle. The band should be fixed to an object at the other end.
2. Raise the leg that has the band forward and hip. Think of driving your knee out and then up towards the ceiling.

3. Tighten your core and maintain balance when performing this exercise.
4. Return to the starting position and repeat. Perform with the other leg.

### **Lunge with ankle tubing and med ball**



#### **Exercise Description:**

Lunge with ankle tubing and med ball

#### **Classification:**

Quads (bands)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart. Attach an ankle strap to both ankles. Hold a medicine ball in your hands.
- 2) Step backward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe.
- 3) Pushing off front foot, return to start position and raise the lunging leg into the air. Continue with same leg or alternate as prescribed.
- 4) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

### **Leg ext/Tricep Ext with band**



#### **Exercise Description:**

Leg ext/Tricep Ext with band

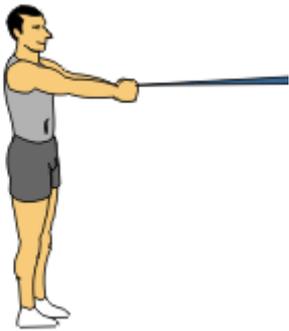
#### **Classification:**

Quads (bands)

#### **Instructions:**

1. Start by placing the band underneath your foot and holding it with one hand over your head.
2. With your knee bent and elbow bent simultaneously straighten the limbs until both are in full extension.
3. Return to the starting position and repeat with the other leg.

### **Forward Lunge with fit band**



#### **Exercise Description:**

Forward Lunge with fit band

#### **Classification:**

Quads (bands)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart. Hold onto the band at chest level. The band should be secured to a fixed object.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.

### **Soccer Kick on balance disc**



#### **Exercise Description:**

Soccer Kick on balance disc

#### **Classification:**

Quads (bands)

#### **Instructions:**

1. Start by standing on a balance disc with one foot and wrap an ankle band around your ankles.

2. Start with one foot behind your other foot that is on the balance disc.
3. Raise your back foot and perform a soccer kick maintaining your balance on the disc.
4. Return to the starting position and repeat. Switch sides and kick with the other foot.

### Stationary Lunge with Fit Band



#### Exercise Description:

Stationary Lunge with Fit Band

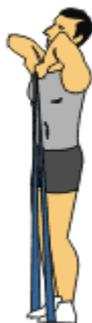
#### Classification:

Quads (bands)

#### Instructions:

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place fit band under front foot and hold the other end with your hands.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.

### Squat with Fit Band



#### Exercise Description:

Squat with Fit Band

#### Classification:

Quads (bands)

#### Instructions:

1. Start by stepping on the FitBand with both feet shoulder width apart.
2. Hold the FitBand at shoulder level with both hands. Start into a full squat while holding the band at shoulder height.
3. Return to the starting position and repeat for the prescribed repetitions.

## Standing Quad Extension with band



### **Exercise Description:**

Standing Quad Extension with band

### **Classification:**

Quads (bands)

### **Instructions:**

1. Start by wrapping the tubing around your foot and holding the other end above your head.
2. Extend your knee until full extension has been reached.
3. Return to the starting position and repeat for the prescribed repetitions.
4. Repeat with the other foot.

## Straight Leg Hip Flexion with Tubing



### **Exercise Description:**

Straight Leg Hip Flexion with Tubing

### **Classification:**

Quads (bands)

### **Instructions:**

1. Start by placing ankle strap around both ankles and stand with feet shoulder width apart.
2. Slightly unlock your knees and maintain good balance.
3. Raise one leg straight out keeping your knee semi-straight.
4. Return to the starting position and repeat for prescribed repetitions. Repeat with the other leg.

## Forward Lunge with resistance



**Exercise Description:**

Forward Lunge with resistance

**Classification:**

Quads (bands)

**Instructions:**

1. Start by holding dumbbells in each hand as well as the handles of a band.
2. The band should be long enough to be draped in front of your shins.
3. Lunge across your body at a 45 degree angle so that while you are lunging your shin is getting resistance from the band.
4. Return to the starting position and repeat with your other leg.

**Hip Flexion with leg extension**



**Exercise Description:**

Hip Flexion with leg extension

**Classification:**

Quads (bands)

**Instructions:**

1. Start by standing facing away from the band that is attached around one leg.
2. Proceed to raise one leg up and hold your thigh in a parallel position.
3. Extend your lower leg until it is semi straight. Return to the starting position and repeat.
4. Repeat with the other leg.

**Wall Squat with resistance**



**Exercise Description:**

Wall Squat with resistance

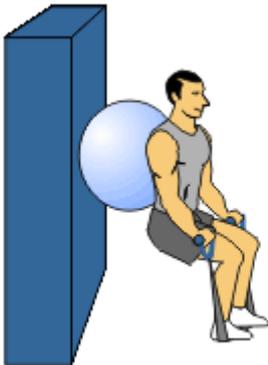
**Classification:**

Quads (bands)

**Instructions:**

1. Start by placing the ball behind the small of your back. Place the band under your feet and hold onto it with your hands.
2. Slowly squat down until your thighs are near parallel to the ground.
3. Return to the starting position and repeat.

**Wall Squat Hold with resistance**



**Exercise Description:**

Wall Squat Hold with resistance

**Classification:**

Quads (bands)

**Instructions:**

1. Start by placing the ball behind the small of your back and stand on the resistance band.
2. Squat down to a parallel position and continue to keep tension on the band.
3. Hold this position for the recommended time and then repeat.

