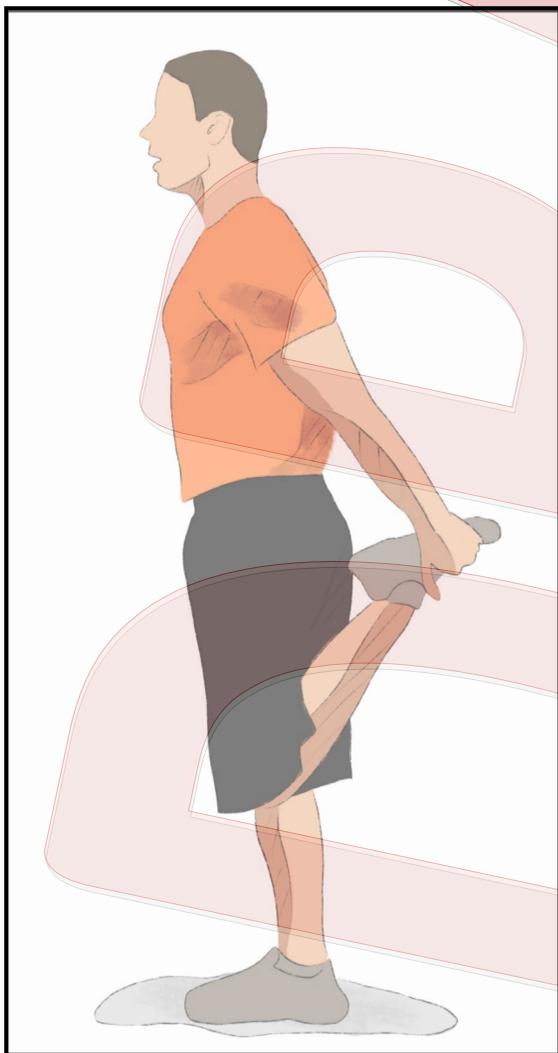


# Exercise Spotlight

## Quadriceps Stretch [Standing]

Muscles Worked	- Quadriceps, Transverse Abdominis
Benefits	- Lengthen the quadriceps and improve balance - Reduce the possibility of back or knee pain
Precautions	- Be sure to stretch in a comfortable range of motion and practice a position that will provide you with a small amount of discomfort, but no pain
Instructions	- Begin by balancing on one foot and lifting the other foot behind you, grasping your shoe laces or lower shin with your hand - Push your knees together, use your hand to pull your heel to your glute, and stand as tall as possible - Practice relaxed and controlled breathing as you hold for a desired length of time - Repeat on the opposite side for an equal length of time

Left Side



Right Side

