

Wall Quad (Quadricep) Stretch



Reps:

Sets:

Duration:

Instructions:

1. Interlock your fingers and place on your front knee, pushing body back to touch the wall
2. Breathe and relax in this position for 1 minute
3. Repeat on the opposite side

Position: Kneeling with your knee and shin against a wall and opposite leg bent in front with ankle directly below knee at 90 degree angle

Purpose: Eliminate anterior pelvic tilt, quadriceps stretch