

L1 Ex7. Knee extension over towel



Aim Strengthen front thigh muscles (quads).

- Instructions**
- Sit or lie on a firm surface eg. on your bed.
 - Place a rolled up towel under one knee.
 - Start with your knee bent over the towel and the heel of your foot on the bed.
 - Tighten your front thigh muscle to push your knee down onto the towel and try to lift your heel off the bed. Try to straighten your knee as far as you can comfortably manage.
 - Slowly lower the heel to the bed.

Repetitions 20 times for each leg (3 x per week).

Tip If it is too difficult to straighten your knee, just press down onto the towel using your front thigh muscles without lifting your heel.