

L2 Ex 4b. Knee extension in sitting

alternative exercise – if 'mini chair squats' are too difficult



Aim Strengthen quads (front of thighs).

Instructions

- Sit on a solid chair eg. a dining chair.
- Start with both knees bent.
- One leg at a time, straighten your knee as far as it is comfortable for you, hold the straight position for one second, then return to the starting position.

Repetitions 10 times each leg (3 x per week).

Tip Remember to keep your back straight.