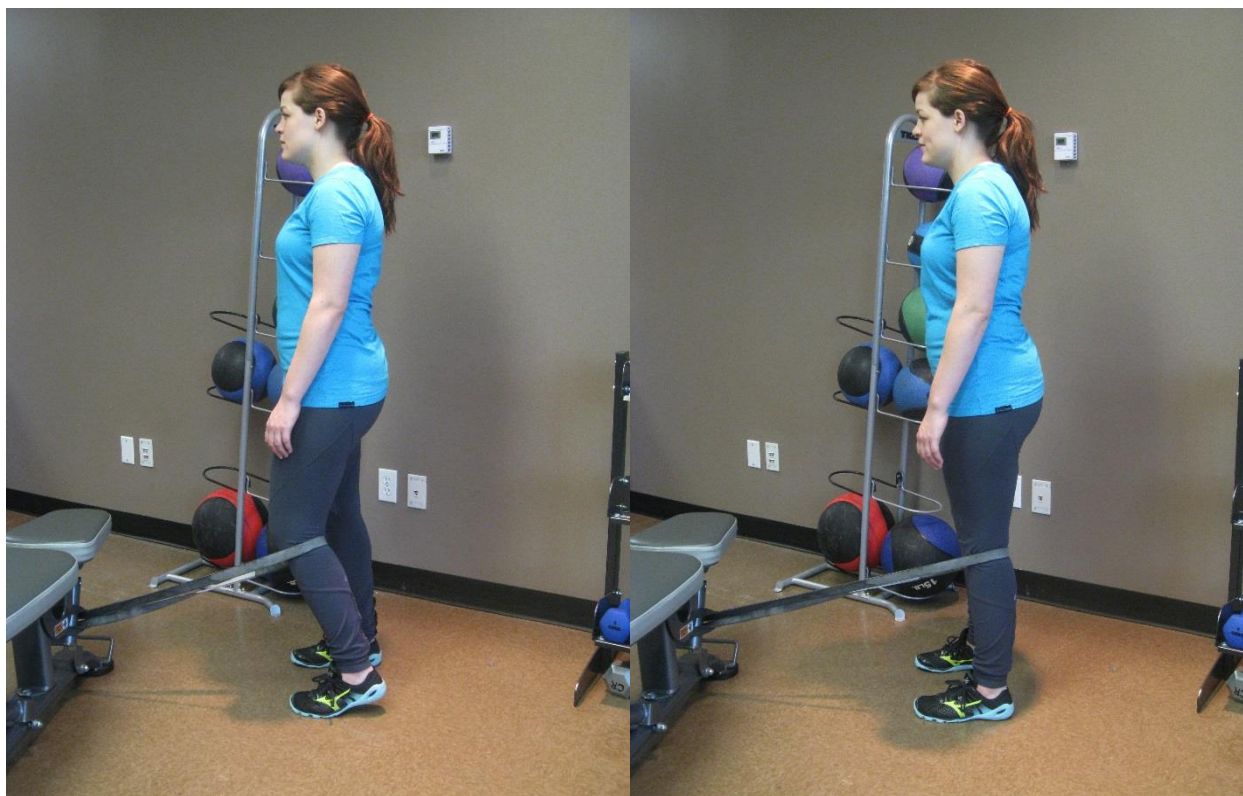


## TERMINAL KNEE EXTENSION



- To begin, wrap a piece of tubing around a support at knee height or lower. Place the tubing behind the knee.
- Start with the knee bent and the heel raised.
- Bring the heel down and straighten out the leg which contracting the quad muscles. Hold for 1-2 seconds.
- Note: This exercise involves the activation and strengthening of the quad muscles, especially the medial quad.

Beginner	Intermediate	Advanced
1-2 sets; 5-10 reps	2 sets; 10-15 reps	3 sets; 10-20 reps