

Quadriceps Stretch: (Failed Elys test)

Main muscles worked: Quadriceps (muscle group in the front of your thigh which extends your knee)

Frequency (Days per week): Minimum of three times per week up to daily (even multiple times per day).

Intensity: To the end of the range of motion and slight discomfort. If you stretch far enough, but not too far, you should feel this stretch subside as you hold the stretch.

Duration (Repetitions): Start with two or three repetitions and build to 2 sets of 4 reps. Hold each stretch for a minimum of 15 seconds up to a minute or more. Progress to doing several sets of three reps on each leg.

Notes: There are many ways to stretch the quadriceps muscle group on the front of your thigh. To stretch use a combination of two movements to adjust the intensity of the stretch: 1) bending your knee (don't over-bend your knee), 2) extend your hip (move your thigh and knee backwards holding your hip still. If you start by bending your knee until you feel a slight stretch, you will feel the stretch intensity increase as you extend your hip. Do not grab your foot and max-out the range of motion on your ankle when performing exercises where you are pulling on your leg. It is best to hold your shin or ankle, rather than your foot when doing these exercises.

5 Simple Exercise Options for Quadriceps Flexibility

