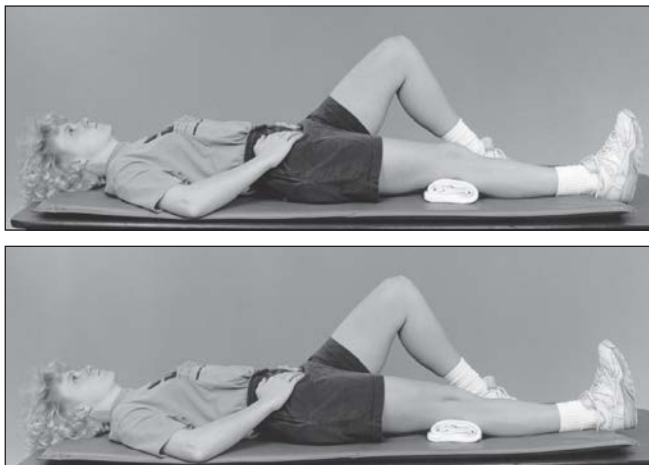


Quad Set – Supine



Purpose: To strengthen front of thigh muscles (quadriceps).

Position: Lie on your back with legs straight.

- Use towel roll under knee.
- Rotate leg out slightly.

Action: Tighten the muscles on the top of your thigh.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.