

Quads

MAP REF

1

MAP REF

6

Flexibility

HOW TO

- Place your left hand on the high bar for balance
- Stretch your left leg back by holding your foot and pulling it toward your buttock
- Hook your foot onto the peg
- You will feel the stretch in the front of your thigh. If this causes stress on your knees, do not continue this stretch
- Hold the stretch for 15 to 20 seconds
- Repeat 3 times and alternate sides
- If you experience any pain, reduce the stretch until you find the right point for you



TIPS

There are 2 different height levels depending on your size, try both and see which works best for you

