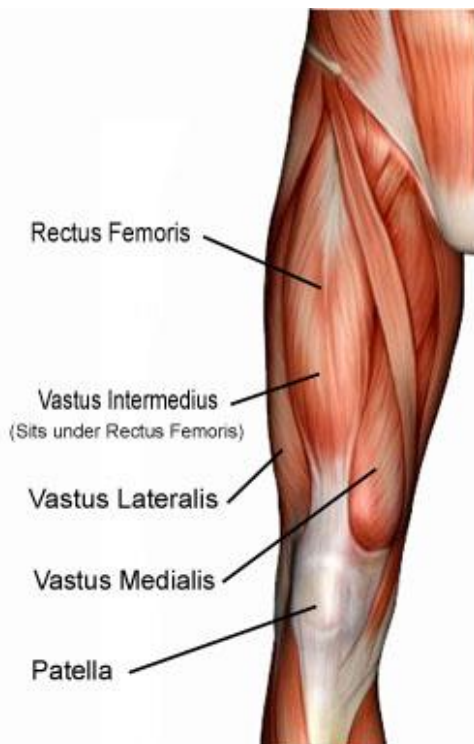


Knee Extension

Place the non-exercise foot on the Cufline handle and the band(s) around the ankle of the exercise leg, which is forward and slightly bent. You may wish to hold on to something for support. Then just straighten your leg, as in a kicking motion.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.
All routines are done standing unless noted otherwise.



The primary muscles used are the quadriceps (the rectus femoris, the vastus intermedius, the vastus lateralis, and the vastus medialis).

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