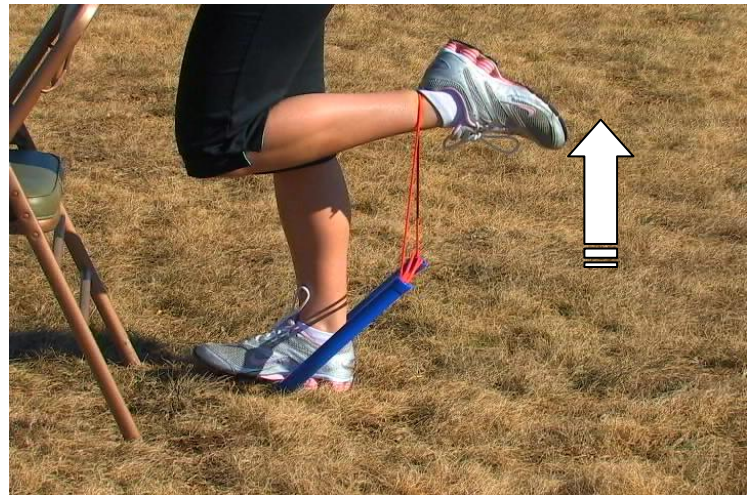
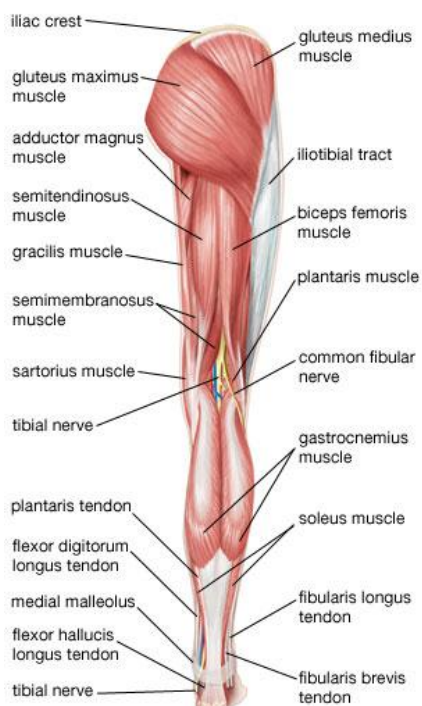


Knee Flexion

Place the Cufline handle under one foot and the selected band(s) around the other ankle. You may wish to hold on to something for support. The starting position is with the exercise leg slightly bent. Bend the knee and pull your exercise leg upward. This exercise can also be done lying down, on your stomach, with the Cufline handle secured under a bed post or a similar stationary object, or even with a friend holding it.



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



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The primary muscles used are the hamstrings (the biceps femoris, the semitendinosus, and the semimembranosus) and the popliteus.

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