Title: Side Lying Quad Stretch

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie on the ground and turn over on your right side. Place your right hand on your head for support or simply extend it out for balance.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grab your left foot with your left hand. Keep the right leg extended straight out.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pull on the left foot, feeling the stretch in the quadricep muscle. Do this for 15 to 30 seconds. Release then switch sides and repeat.</span></li>

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