Title: Standing Quadricep Stretch

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li>Stand next to a wall or stationary object to support your balance.</li>

<li>Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks.</li>

<li>Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor.  Don’t let your knee flare out towards the side</li>

<li>Hold the stretch and repeat on the left leg.</li>

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