Title: Resistance Band Lying Leg Extensions

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lay down on an exercise mat with your feet flat on the floor and your knees pointing upwards bent at a 90 degree angle.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lift one knee towards your chest and, holding the resistance band in both hands, loop the centre around the base of your foot. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Contract your glutes and extend your leg outwards at 45 degree angle until your knee is almost straight.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this extended position for 1 second before allowing your leg to be pulled back into its starting position. </span></li>

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