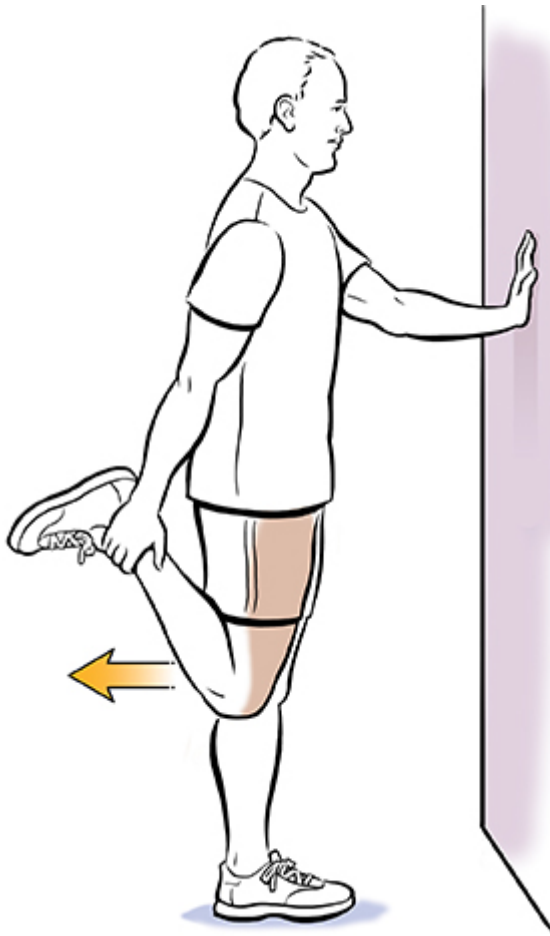


## Quadriceps Stretch (Flexibility)



1. Stand up straight and hold onto a wall, sturdy chair, railing, or table with your right hand.
2. Bend your right leg at the knee behind you, and grab your ankle with your right hand. Pull your right heel toward your buttocks. Don't arch your back.
3. Hold for 30 to 60 seconds.. Repeat 2 times.
4. Switch legs and repeat.

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