

Standing Straight Leg Extension

Equipment Needed: Optional Body Bar

Start at this Position:

- Stand adjacent to a fixed position (e.g. equipment frame, pole, etc). Your feet are shoulder width apart and knees slightly bent.
- *Note: For a more challenging exercise, balance yourself using a body bar, by holding it perpendicular to the floor. Refer to Challenging Optional Body Bar Method.*
- Extend one leg out in front of you and **point your toes**. Refer to Figure A.
- Keep the slight bend in your knees and your foot approximately 1 inch off the floor.
- Stand with your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly extend your leg, keeping your toes pointed.

2. Middle Position



Continue to extend, keeping your leg straight with a slight bend in your knee.

3. End Position

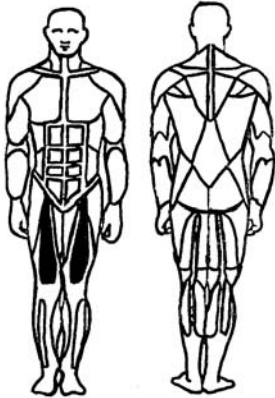


Extend your leg as high as possible with your toes pointed, keeping your opposite foot flat on the floor and your back perpendicular. Hold for 1/2 a second, squeezing your quadricep.



Challenging Optional Body Bar Method

Standing Straight Leg Extension



Region: Legs

- Primary Muscle Worked: Quadriceps

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and head aligned with your spine.
 - Hold the equipment for balance and support only.
 - Keep your weight-bearing leg stationary, with a slight bend in the knee.
- At start position, never let your foot touch the floor.
- **At end position, make sure the weight-bearing foot remains flat on the floor.**
- When using the Optional Body Bar method, be sure to switch the bar to your opposite hand when you do the exercise for the opposite leg. (right leg = right bar grip)

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Do not let your foot touch the floor. Repeat the movement for the recommended number of repetitions. Duplicate the exercise for the opposite leg. For each set, perform the entire exercise for one leg first, then for the other leg.

Figure A

