

Exercise and Stretch of the Day

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Today's Muscle is: **The Quadriceps**

Why are these muscles important to stretch and strengthen?

The quads are an extremely important muscle to strengthen. The quads help you walk, run and they are one of the main muscles that help you get in and out of a chair. These muscles also help stabilize the knee cap and help reduce the force that is created on your knees when walking or running.

A Stretch for the Quadriceps Muscles: *Standing Quad Stretch*

- Using a chair for balance, grab your foot and pull it toward your buttocks until you feel a stretch in the thigh.
- Hold for 30 seconds and then repeat with the other leg
- Complete 1-3 sets for 3-5 reps



An Exercise for the Quadriceps Muscle: *Partial Squat*

- Standing up tall with your feet shoulder width apart, hold onto a chair with both hands.
- Kneeling down half way with and sitting back as if you were sitting on a chair.
- Only go to a depth of about 45 degrees before you come back up.
- Make sure your knees don't go past your toes and try to avoid having your knees moving inward or outward throughout the exercise.
- Complete 1-3 sets 8-12 reps

