

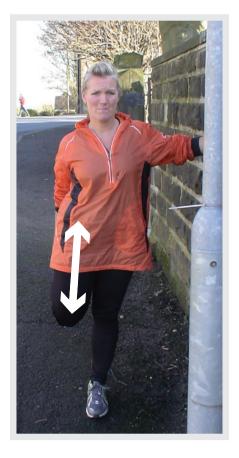


## FRONT OF THIGH QUADRICEPS

## Ask runners to observe HIP and KNEE POSITION

Hold wall for support if needed

## **Front view**



**Rear view** 



Side view



- 1. Knees level
- 2. Support leg slightly bent
- 3. Stand tall with tummy in

## FEEL STRETCH ON FRONT OF THIGH