



Legs | Hamstring

Attach the MSD-Band to your right ankle. Stand on the band with left foot, while supporting yourself with a chair or table. Hold the remaining piece of MSD-Band in your left hand. Lift your right lower leg backwards.



Legs | Quadriceps

Attach the MSD-Band to your right ankle. Stand on the band with left foot, while sitting on a chair. Hold the remaining piece of MSD-Band in your left hand. Lift your right lower leg forward.



Legs | Quadriceps

Wrap the MSD-Band around each hand and hold firmly. Lift your leg and place your foot in the middle of the MSD-Band, while sitting on a chair. Stretch your leg forward while keeping your hands close to your chest, thumbside facing up.



Legs | Gluteus Maximus

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A door anchor is the preferred choice. Wrap the MSD-Band around your leg. Pull your leg backwards, keeping it stretched during the entire exercise. To challenge your supporting leg, you can add a foam balance pad to the exercise.