



Legs | Quadriceps

Attach the MSD-Band securely around your foot. Hold the two ends in your hand near your shoulder. Lie on your stomach on an exercise mat, your lower leg raised. Stretch your lower leg.



Legs | Quadriceps

Attach the MSD-Band securely around your foot. Hold the two ends in your hand near your chest. Lie on your back on an exercise mat, your knee raised. Extend your leg, keeping your hands steady.



Legs | Hamstring

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 dooranchor or a chair with a person of your own weight on it are preferred choices. Insert your foot in the loop. Lie on your stomach on an exercise mat, your leg stretched. Raise your lower leg.