

Preparatory exercises

## Quadriceps Femoris: Stretching

**Starting Position:** erect.

Bend the torso forwards and take a big step back with the right leg.

Bend the knee, bringing the heel and the gluteus closer to each other. Keep your foot, knee and hip in the same line. Once you are stable, repeatedly contract the gluteus. Do the same with the left leg.



**Contraindications:** pathologies related to the knee; when the exercise is perceived as too difficult.

**Benefits:** stretches the front thigh-muscles, and the rectus femoris.