

# EXERCISE LIBRARY

Fitness instructors need to be familiar with a wide range of exercise equipment and will need to demonstrate safe and effective use of a cross-section of the exercises listed in this library.

For assessment purposes, the instructor will need to show effective programming and safe and proper performance of a minimum of:

- ✓ Three types of cardiovascular equipment e.g. treadmill, upright bike, recumbent bike, stepper, cross trainer, rowing machine etc.
- ✓ Four resistance machine exercises e.g. lat pull down, leg extension, leg press, leg curl, arm curl, seated row etc.
- ✓ Four free weight exercises e.g. barbell squat, bench press, single-arm dumbbell rows, dumbbell curls etc.
- ✓ Three bodyweight exercises e.g. press-ups, dips, lunges, stability ball crunches, pull-ups etc.
- ✓ Three to five dynamic stretches
- ✓ Eight to ten static stretches

The instructor should not only know HOW to perform each exercise but also WHY i.e. what major muscles are involved in each exercise. They should also know how to progress, regress and adapt exercises according to their client's needs.

The following chart lists a number of major exercises by joint action. This chart is not meant to be fully inclusive but simply provides a single example of an exercise that involves the specified joint action. Only main joint actions are listed.

**Key:**

DB = dumbbell

BB = barbell

Blank = no applicable exercise

Joint action	Resistance machine	Free weight	Body weight
Shoulder flexion	Cable front rise	DB front rise	
Shoulder extension	Seated cable row	Single-arm row	Body rows
Shoulder adduction	Lat pull downs		Pull-ups
Shoulder abduction	Shoulder press machine	DB lateral raises	Pike press-ups
Shoulder horizontal flexion	Seated chest press	BB bench press	Press-ups
Shoulder horizontal extension	Wide grip seated rows	Wide grip BB rows	Wide grip body rows
Shoulder girdle elevation		DB shrugs	
Elbow flexion	Biceps cable curls	BB biceps curls	Narrow chin-ups
Elbow extension	Triceps cable push downs	DB kickbacks	Narrow press-ups
Hip extension	Leg press	Deadlifts	Step-ups
Hip abduction	Total hip machine		Side leg lifts

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Joint action	Resistance machine	Free weight	Body weight
Hip adduction	Total hip machine		
Knee extension	Leg extension machine	Squats	Lunges
Knee flexion	Leg curl machine		
Ankle plantar flexion	Calf raise machine	DB calf raises	Single leg calf raises
Spinal flexion	Crunch machine	Weighted crunches	Crunches
Spinal extension	Back extension machine	Deadlifts	Sky divers
Spinal rotation	Cable wood chops	DB Russian twists	Twisting crunches

## Cardiovascular Machines: Exercise bike



### Teaching points:

Set seat to proper height, sit tall and face forwards, pedal without rocking from side-to-side, maintain 70-90 RPM, keep upper body relaxed

### Alternative options:

Use a recumbent bike instead

**Primary muscles used:** Lower body

## Treadmill



### Teaching points:

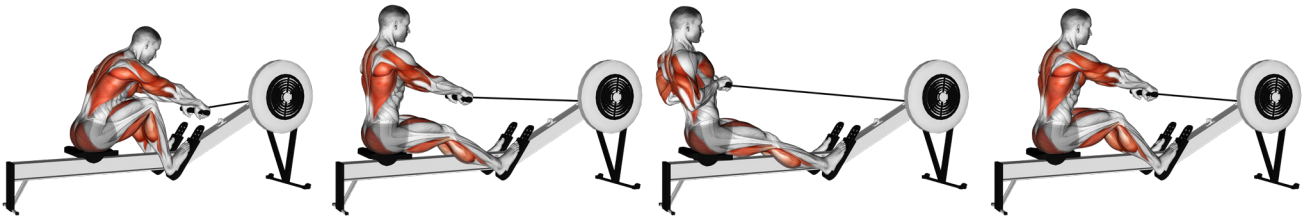
Use a heel/toe action, look directly forward, stand near the front of the belt, avoid holding on while running, keep torso upright, keep upper body relaxed

### Alternative options:

Walk, jog, run or set the machine at an incline

**Primary muscles used:** Lower body

## Rowing machine



### Teaching points:

Sit up tall, drive off with the legs and then pull with the arms, avoid slouching, pull handle into abdomen, do not twist chain, use an overhand grip

### Alternative options:

n/a

**Primary muscles used:** Full body

## Cross trainer



### Teaching points:

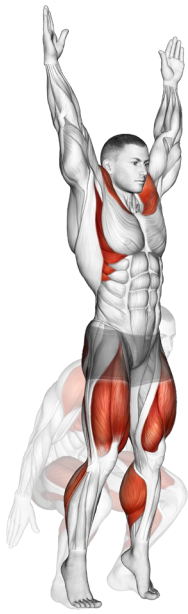
Place whole foot on footplates, keep heels down, keep torso upright, look straight ahead, keep shoulders down, do not rock from side to side

### Alternative options:

Use with or without arm action

**Primary muscles used:** Full body

## Dynamic Flexibility Exercises: Squat to overhead reach



### Teaching points:

Keep heels, flat, push the hips back, avoid rounding the back, keep chest up, look straight forward, use a smooth, controlled tempo

### Alternative options:

n/a

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus, erector spinae, hip flexors, rectus abdominus, latissimus dorsi

## Lunge with a twist



### Teaching points:

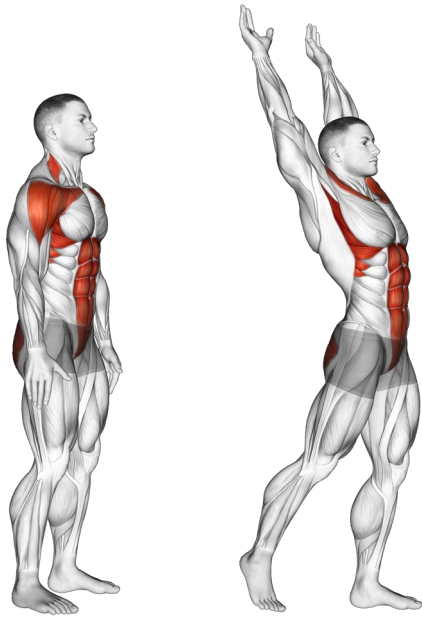
Keep front shin vertical and knee behind toes, lower rear knee to within an inch of the ground, maintain upright torso, rotate upper body toward leading leg

### Alternative options:

n/a

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus, erector spinae, hip flexors, obliques

## Posterior step with overhead reach



### Teaching points:

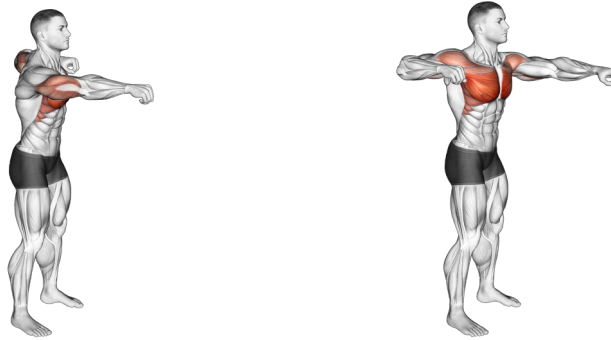
Keep heels, flat, step back, slightly arching the back, keep chest up, look straight forward, use a smooth, controlled tempo as you reach up. Return

### Alternative options:

n/a

**Primary muscles used:** Gastrocnemius, soleus, hip flexors, rectus abdominus, pectoralis major, latissimus dorsi

## Push and pull



### Teaching points:

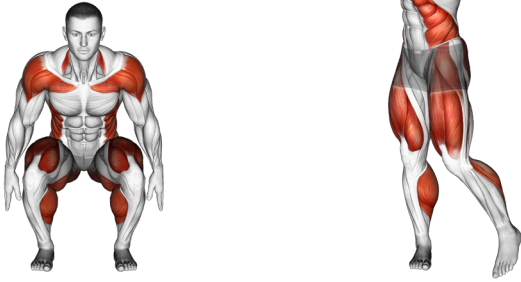
Keep arms parallel to the floor, reach as far forward as comfortably possible, shrug shoulders forward slightly, lead with the elbows as the arms are pulled back, retract shoulder girdle as arms are pulled back, keep neck in a neutral position

### Alternative options:

n/a

**Primary muscles used:** Pectoralis major, middle trapezius and rhomboids

## Squat to overhead reach with twist



### Teaching points:

Keep heels, flat, push the hips back, avoid rounding the back, keep chest up, look straight forward, use a smooth, controlled tempo, twist spine without twisting knees

### Alternative options:

n/a

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus, erector spinae, hip flexors, rectus abdominus, latissimus dorsi, obliques



## Free Weight Exercises (Upper Body): Bench Press



### Teaching points:

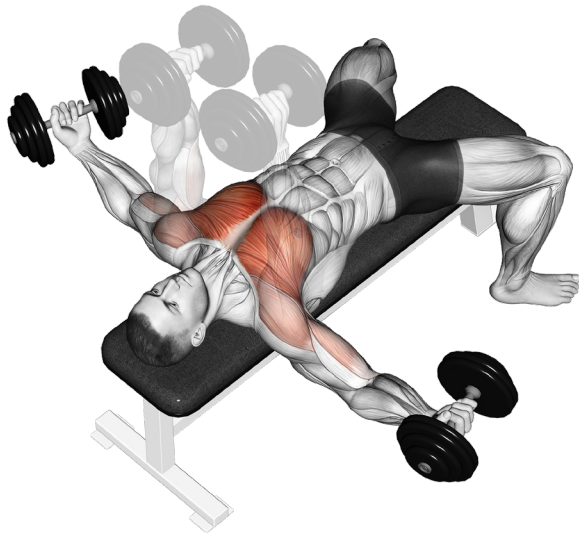
Forearms vertical when the bar is in contact with the chest, lower the bar to gently touch the chest – no bouncing, keep wrists straight, brace core, keep feet flat on the floor, arch lower back slightly, grip bar tightly

### Alternative options:

This exercise can be performed using a flat, incline or decline bench or using dumbbells

**Primary muscles used:** Pectoralis major, triceps brachii, deltoids

## Dumbbell Flyes



### Teaching points:

Keep elbows slightly bent, do not alter angle of the elbows during reps, lower the weights to shoulder-level, keep wrists straight, brace core, place feet flat on the floor

### Alternative options:

This exercise can be performed using a flat, incline or decline bench

**Primary muscles used:** Pectoralis major, deltoids

## Dumbbell shoulder press



### Teaching points:

Keep shoulders retracted and chest up, brace core, fully extend elbows but do not lock elbows, keep wrists straight, brace core especially if performed standing

### Alternative options:

Can be performed seated or standing or using a barbell for variation

**Primary muscles used:** Deltoids, triceps brachii

## Dumbbell lateral raise



### Teaching points:

Keep elbows slightly bent, keep wrists straight, raise hands to shoulder level, lower weights to outside of the thighs, do not lean forward or backward

### Alternative options:

Exercise can be performed seated or standing as preferred

**Primary muscles used:** Deltoids

## Dumbbell upright row



### Teaching points:

Place hands around one-hand's width apart, lead with the elbows, keep the chest up and shoulders back, do not lean back at the top, do not use legs or back for assistance

### Alternative options:

This exercise can be performed using dumbbells or a cable pulley machine

**Primary muscles used:** Deltoids, upper trapezius, biceps

## Dumbbell front raise



### Teaching points:

Keep elbows slightly bent but rigid, raise dumbbells forward and up to shoulder-height, keep wrists straight, brace core, do not lean forward or backward

### Alternative options:

Exercise can be performed raising both arms together or using an alternating arm action as preferred

**Primary muscles used:** Deltoids

## Single-arm Dumbbell row



### Teaching points:

Support weight on one arm, brace core, adopt a neutral spine, keep shoulders down and back, lead with the elbow, keep wrist straight, pull weight into upper ribs

### Alternative options:

Can be performed with one hand and one knee on a bench or with one hand on the bench and both feet on the floor

**Primary muscles used:** Latissimus dorsi, biceps brachii, posterior deltoid, trapezius

## Dumbbell bent-arm pullover



### Teaching points:

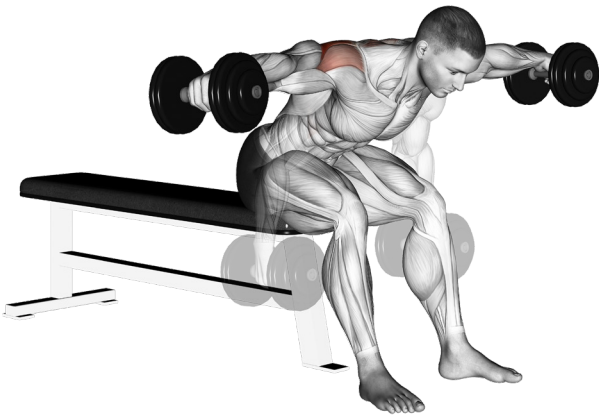
Keep elbows soft but fixed throughout, extend arms overhead as far as flexibility allows, do not excessively arch lower back, keep core braced

### Alternative options:

This exercise can also be performed using a barbell or two dumbbells

**Primary muscles used:** Latissimus dorsi, pectoralis major

## Dumbbell reverse flyes



### Teaching points:

Incline upper body until torso is as close to parallel to the floor as possible, avoid rounding the lower back, keep knees soft, keep elbows slightly bent but rigid, lead with the elbows, form a T shape with arms at the top of the movement, do not use lower back to raise weight

### Alternative options:

To take stress off the lower back this exercise can be performed lying face-down on an exercise bench

**Primary muscles used:** Posterior deltoids, middle trapezius, rhomboids

## Barbell biceps curl



### Teaching points:

Keep elbows tucked into sides, do not use legs or back to raise weight, keep wrists straight, keep core tightly braced, look forward and keep torso upright, extend arms fully at the bottom of each rep

### Alternative options:

This exercise can be performed seated and using dumbbells

**Primary muscles used:** Biceps brachii

## Supine triceps extensions



### Teaching points:

Keep upper arms vertical, lower bar to the forehead or bridge of the nose as preferred, extend arms fully but do not lock out elbows, use a spotter if performing this exercise with heavy weights or close to failure

### Alternative options:

Perform with dumbbells for variation

**Primary muscles used:** Triceps brachii

## Dumbbell triceps kickbacks



### Teaching points:

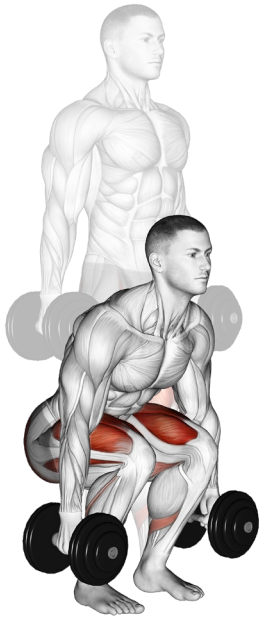
Lean on non-working arm for support, maintain neutral spine, back should be parallel to the floor, keep upper arm against ribs, fully extend elbow, only bend arm to 90-degrees

### Alternative options:

This exercise can also be performed using cables

**Primary muscles used:** Triceps brachii

## Free Weight Exercises (Lower Body): Squats



### Teaching points:

Rest bar on fleshy part of upper back, grip bar tightly, adopt appropriate width stance according to height and limb length, initiate descent by pushing hips back, descend as far as comfortable without allowing lower back to round out, push knees outward, keep weight on heels, do not allow knees to travel forward of toes, keep core braced, stand fully erect between reps

### Alternative options:

Squat with dumbbells, leg press machine

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Lunges



### Teaching points:

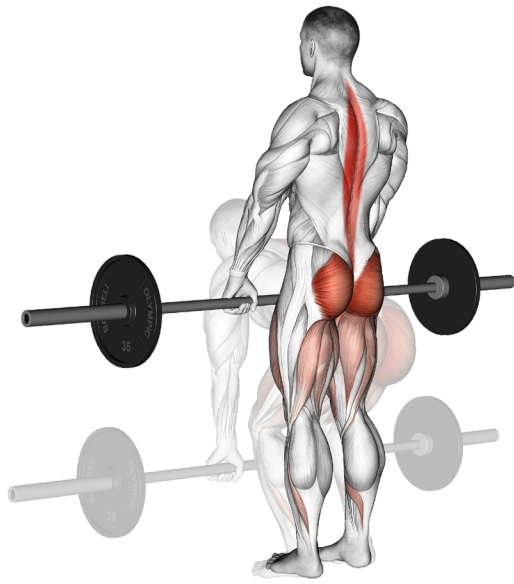
Step forward and bend knees, keep front shin vertical, do not let knee travel forward of toes, maintain upright torso, alternate legs rep by rep, touch rear knee lightly to the floor if it touches at all

### Alternative options:

Perform with dumbbells or a barbell

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Deadlifts



### Teaching points:

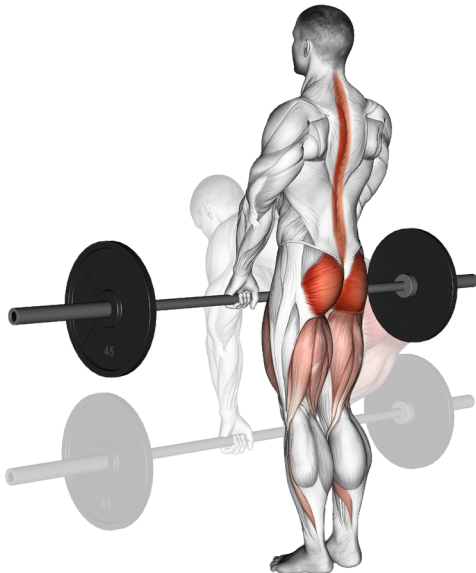
Grip bar with an overhand or mixed grip, keep arms straight tightly arch lower back, brace core, keep hips below shoulders and weight on the heels, do not round upper or lower back, pull shoulders back and down, maintain neutral spine

### Alternative options:

Perform using a hex bar or dumbbells, raise bar to midshin height by placing weights on a platform to avoid rounding the back

**Primary muscles used:** Hamstrings, quadriceps, gluteus maximus, erector spinae

## Romanian deadlift



### Teaching points:

Keep knees slightly bent but rigid throughout, push hips back, keep bar close to the legs, do not allow lower back to round, keep shoulders pulled back, lift chest, keep arms straight, grip bar tightly

### Alternative options:

Can be performed with barbell resting across upper back – a good morning, or with dumbbells

**Primary muscles used:** Hamstrings, gluteus maximus, erector spinae



## Step-ups



### Teaching points:

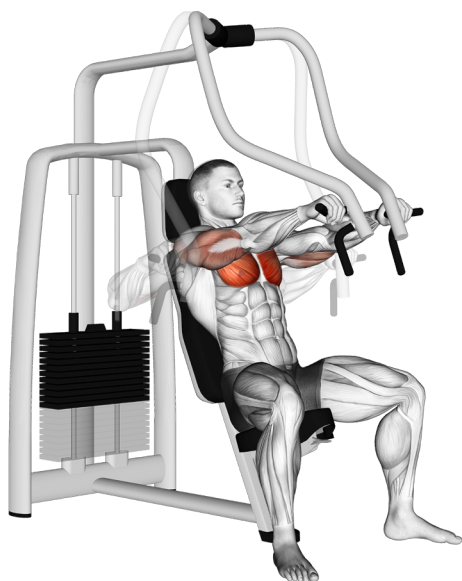
Place whole foot on the top of the step, keep torso upright, perform an equal number of repetitions on each leg, set platform so that thigh is parallel to floor when foot is placed on step, minimise push off from foot on floor, look straight forward

### Alternative options:

Use dumbbells or a barbell as preferred, adjust step height to suit fitness level and balance

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Resistance Machine Exercises (Upper Body): Seated chest press machine



### Teaching points:

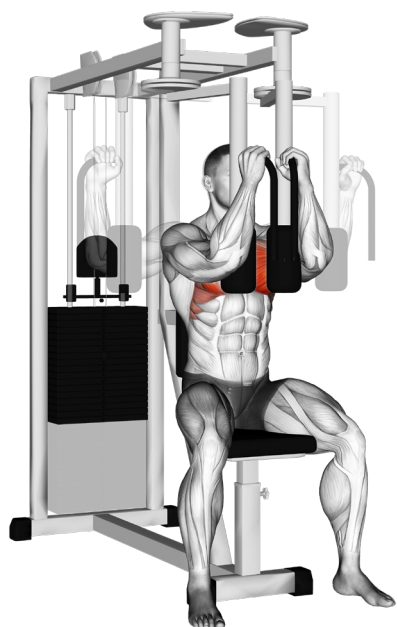
Adjust seat so shoulders are level with handles, left chest but keep upper back pressed against bench, keep wrists straight, extend arms fully but do not lock elbows, keep wrists straight, look straight ahead

### Alternative options:

Perform barbell or dumbbell bench press or press-ups instead

**Primary muscles used:** Pectoralis major, deltoids, triceps brachii

## Pec dec machine



### Teaching points:

Adjust seat so arms are parallel to the floor, keep elbows slightly bent but rigid throughout, avoid hyperextending the shoulders, keep wrists straight

### Alternative options:

Perform dumbbell flyes or cable crossovers instead

**Primary muscles used:** Pectoralis major, deltoids

## Seated row machine



### Teaching points:

Keep torso vertical, pull shoulders down and back, look straight ahead, lead with the elbows, keep wrists straight

### Alternative options:

Perform barbell or one-arm dumbbell rows instead

**Primary muscles used:** Latissimus dorsi, middle trapezius, rhomboids, posterior deltoids, biceps brachii

## Seated shoulder press machine



### Teaching points:

Keep chest up and lower back slightly arched, keep elbows under hands, maintain straight wrists, push straight up and overhead

### Alternative options:

Perform barbell or dumbbell shoulder presses instead

**Primary muscles used:** Deltoids, triceps brachii

## Lat pull down



### Teaching points:

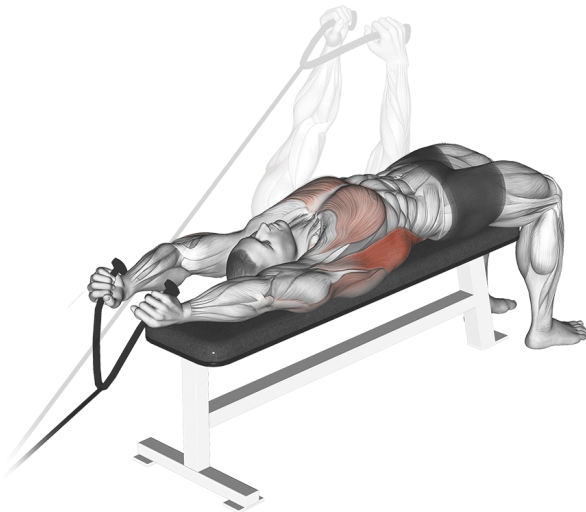
Keep chest up, lean back slightly, pull the elbows down and back, pull the bar to the upper chest, keep wrists straight, do not pull the bar down behind the neck

### Alternative options:

Perform chin-ups or pull-ups or bent over barbell/singlearm dumbbell rows instead

**Primary muscles used:** Latissimus dorsi, biceps brachii

## Pullover machine



### Teaching points:

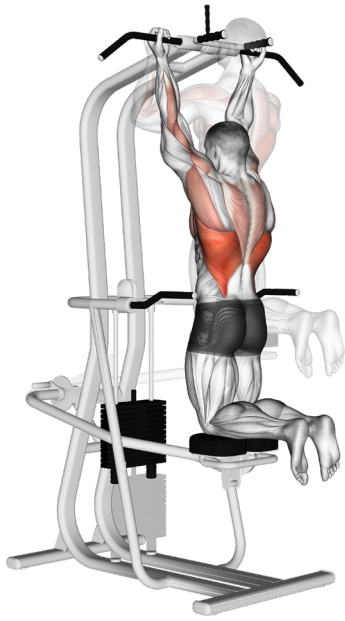
Make sure shoulders are in line with lever arm pivot point, avoid hyperextending the lower back, avoid hyperextending the shoulders, lead with the elbows

### Alternative options:

Do dumbbell pullovers instead

**Primary muscles used:** Latissimus dorsi, pectoralis major

## Assisted chin-up machine



### Teaching points:

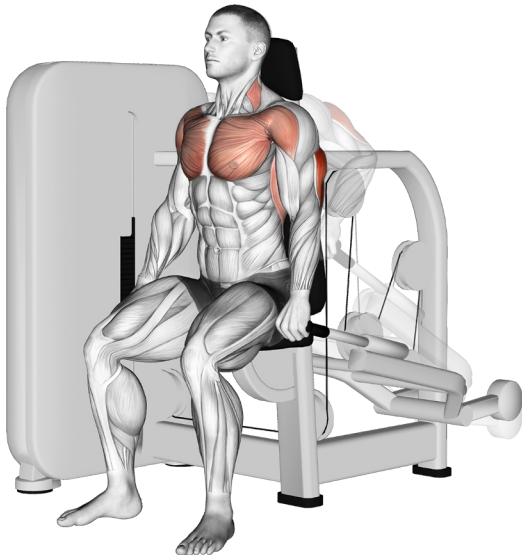
Set weight to counterbalance required amount of bodyweight, mount machine carefully, pull the body up so the chin is level with the hands, extend arms and lower all the way down but do not relax at the bottom of the rep

### Alternative options:

Perform regular chin-ups or lat pull downs instead

**Primary muscles used:** Latissimus dorsi, biceps brachii

## Triceps push down



### Teaching points:

Keep elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back, do not lean forward, keep head up and look straight ahead, keep wrists straight

### Alternative options:

Use a rope handle, V-bar or straight bar as preferred

**Primary muscles used:** Triceps brachii

## Biceps cable curl



### Teaching points:

Keep elbows tucked into sides, do not use legs or back to raise weight, keep wrists straight, keep core tightly braced, look forward and keep torso upright, extend arms fully at the bottom of each rep

### Alternative options:

Do barbell or dumbbell curls instead

**Primary muscles used:** Biceps brachii

## Resistance Machine Exercises (Lower Body): Leg press



### Teaching points:

Push with flat feet and feet completely on footplate, extend legs fully but do not lock knees, avoid rounding the lower back, bend knees to no more than 90-degrees

### Alternative options:

Squats, lunges or step ups can be performed instead

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Leg extension machine



### Teaching points:

Line knees up with lever arm pivot point, position roller just above ankles, extend legs fully but under control, do not allow the weights to touch between repetitions, keep upper body relaxed

### Alternative options:

This exercise can be performed one leg at a time

**Primary muscles used:** Quadriceps

## Leg curl machine



### Teaching points:

Line knees up with lever arm pivot point, position roller just behind ankles, do not allow the weights to touch between repetitions, keep upper body relaxed, extend legs fully but do not hyperextend knees

### Alternative options:

This exercise can be performed one leg at a time. There are three types of leg curl machines; seated, lying and standing

**Primary muscles used:** Hamstrings

## Hip abduction machine



### Teaching points:

Place outside of knees against pads and push legs outward as far as is comfortable, return to starting position but do not allow weights to touch between repetitions, maintain an upright torso, neutral spine and relaxed upper body

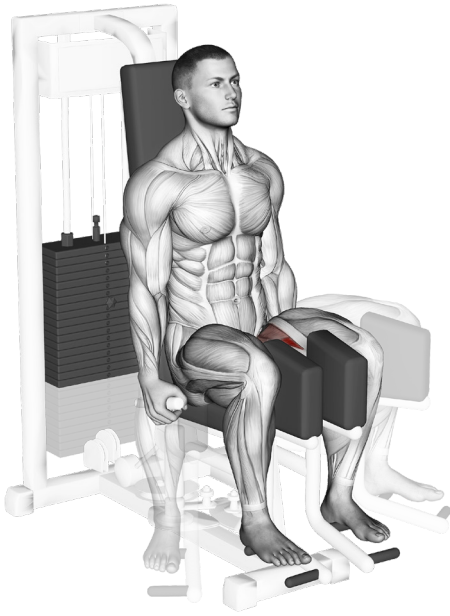
### Alternative options:

This exercise can be performed using a total hip machine or by doing side leg raises

**Primary muscles used:** Abductors



## Hip adduction machine



### Teaching points:

Place inside of knees against pads and push legs in toward each other until they touch. Open the legs as far as flexibility allows and then repeat.

### Alternative options:

This exercise can be performed using a total hip machine

**Primary muscles used:** Adductors

## Seated calf raise machine



### Teaching points:

Place balls of feet on foot plate and the pad of the machine just above the knees; make sure shins are perfectly vertical. Lower heels as far below the toes as flexibility permits and then push up and onto tiptoes

### Alternative options:

Perform with a barbell resting on the knees if no machine is available

**Primary muscles used:** Soleus, gastrocnemius

## Standing calf raise machine



### Teaching points:

Place balls of feet on foot plate and shoulders under the pads. Brace core and stand with legs straight. Lower heels as far below the toes as flexibility permits and then push up and onto tiptoes

### Alternative options:

Perform single-leg calf raises on a step if no machine is available

**Primary muscles used:** Gastrocnemius, soleus

## Bodyweight Exercises (Upper Body): Chin-ups



### Teaching points:

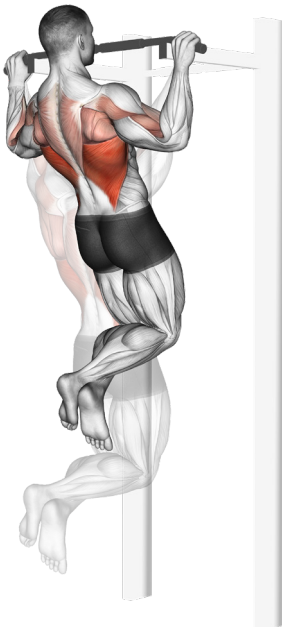
Grasp the bar with an underhand, narrower-than shoulderwidth grip. Hang from the bar with the arms straight, shoulders pulled down and back. Keep chest lifted and legs bent/crossed throughout. Pull the chin up to bar and then descend all the way back down

### Alternative options:

Use an assisted chin-up machine or perform lat pull downs instead

**Primary muscles used:** Latissimus dorsi, biceps brachii

## Pull-ups



### Teaching points:

Grasp the bar with an overhand, slightly wider-than shoulder-width grip. Hang from the bar with the arms straight, shoulders pulled down and back. Keep chest lifted and legs bent/crossed throughout. Pull the chin up to bar and then descend all the way back down

### Alternative options:

Use an assisted chin-up machine or perform lat pull downs instead

**Primary muscles used:** Latissimus dorsi, biceps brachii

## Press-ups



### Teaching points:

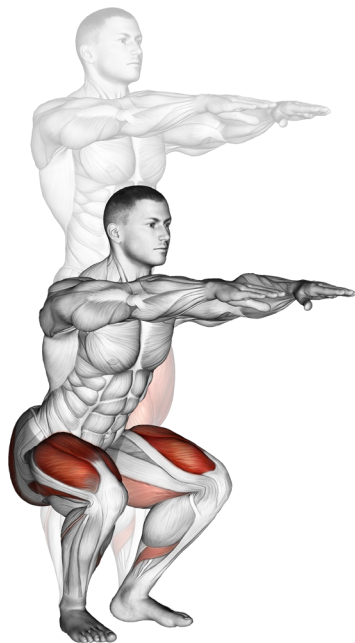
Place hands flat on the floor at shoulder-width or wider apart, brace abdominals, lower chest to within an inch of the floor, push back up, extend arms but do not lock elbows

### Alternative options:

Perform on bent knees to reduce exercise difficulty

**Primary muscles used:** Pectoralis major, deltoids, triceps brachii

## Bodyweight Exercises (Lower Body and Core): Squats



### Teaching points:

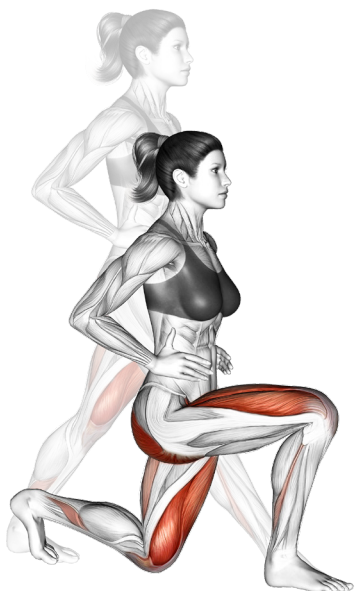
Adopt appropriate width stance according to height and limb length, initiate descent by pushing hips back, descend as far as comfortable without allowing lower back to round out, push knees outward keep weight on heels, do not allow knees to travel forward of toes, keep core braced

### Alternative options:

Do leg press, lunges, step ups instead

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Lunges



### Teaching points:

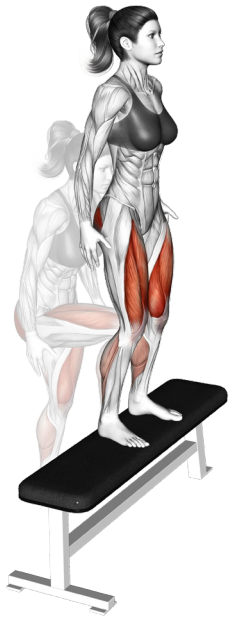
Step forward and bend knees, keep front shin vertical, do not let knee travel forward of toes, maintain upright torso, alternate legs rep by rep

### Alternative options:

Perform step-ups, squats, leg presses instead

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Step-ups



### Teaching points:

Place whole foot on the top of the step, keep torso upright, perform an equal number of repetitions on each leg, set platform so that thigh is parallel to floor when foot is placed on step, minimise push off from foot on floor, look straight forward

### Alternative options:

Do leg press, lunges, step ups instead

**Primary muscles used:** Quadriceps, hamstrings, gluteus maximus

## Abdominal crunches



### Teaching points:

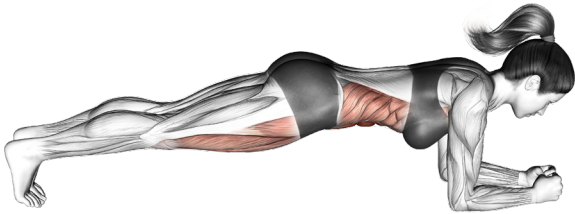
Place hands on the temples, across the chest or on the thighs as preferred. Curl up rather than sit up – there should be approximately 30-degrees of spinal flexion. Keep legs bent and feet flat on the floor and maintain neutral head alignment

### Alternative options:

A seated crunch curl can be used instead

**Primary muscles used:** Rectus abdominus

## Planks



### Teaching points:

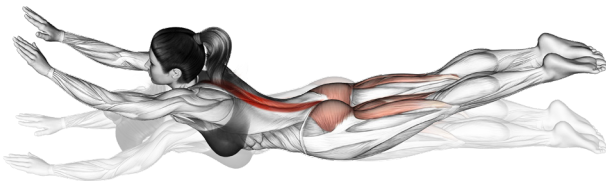
Ensure upper arms are perpendicular to the floor and the feet, hips and shoulders form a straight line. Keep core braced and maintain straight position without holding the breath

### Alternative options:

Rest on bent knees for a less demanding exercise. Extend arms or elevate feet to make the exercise more demanding

**Primary muscles used:** Rectus abdominus

## Back extensions



### Teaching points:

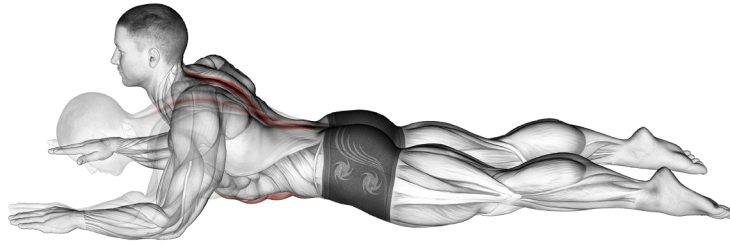
Keep legs straight and feet on the floor, place the hands behind the back or lightly touching the temples, lift upper body up until chest clears the floor, avoid lumbar hyperextension

### Alternative options:

A back extension machine can be used instead

**Primary muscles used:** Erector spinae

## Static Flexibility Exercises (Upper Body): Prone rectus abdominus stretch (Sphinx)



### Teaching points:

Rest on the elbows so that the upper arms are perpendicular to the floor. Ensure hips remain on the floor. Lift the chest and look straight ahead, keep shoulders down and back

### Alternative options:

n/a

**Primary muscles used:** Rectus abdominus

## Kneeling erector spinae stretch



### Teaching points:

Keep hips over knees and shoulders over hands to form a box shape. Lift the centre of the back up toward the ceiling. Push the floor away with the hands

### Alternative options:

n/a

**Primary muscles used:** Erector spinae



## Standing wall pec stretch



### Teaching points:

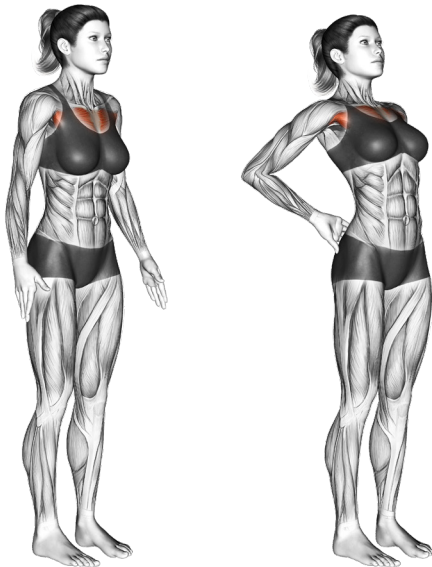
Elbow should be in line with shoulder. Adopt a split stance for balance and stability. Turn shoulders away from the side being targeted to deepen the stretch

### Alternative options:

n/a

**Primary muscles used:** Pectoralis major, anterior deltoids

## Standing pec stretch



### Teaching points:

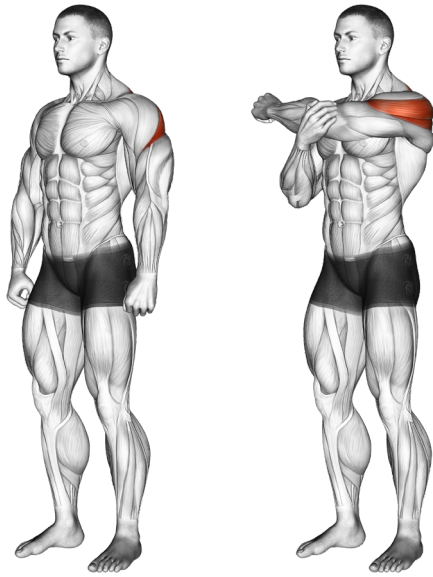
Place hands on the lower back and squeeze elbows rearward and together. Keep chest up and look directly forward. Keep knees slightly bent.

### Alternative options:

n/a

**Primary muscles used:** Pectoralis major, anterior deltoids

## Standing deltoid stretch



### Teaching points:

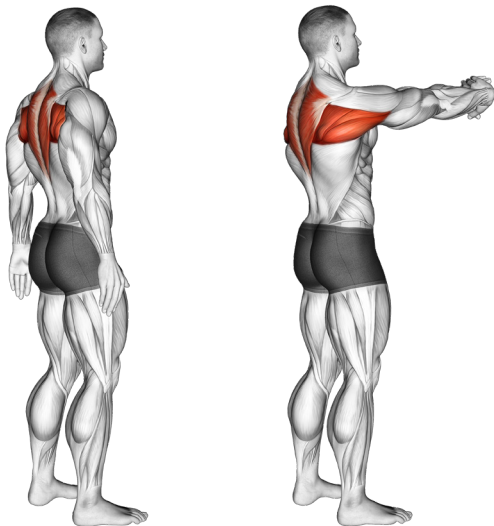
Maintain an upright posture. Hold on above or below the elbow but do not place hand directly onto the elbow joint. Keep shoulders down and level. Keep knees slightly bent and look straight ahead

### Alternative options:

n/a

**Primary muscles used:** Deltoids

## Standing trapezius and rhomboid stretch



### Teaching points:

Extend arms to the front with fingers interlocked. Keep lower back in neutral position. Try to spread the shoulder blades and reach forward

### Alternative options:

n/a

**Primary muscles used:** Trapezius and rhomboids

## Standing biceps stretch



### Teaching points:

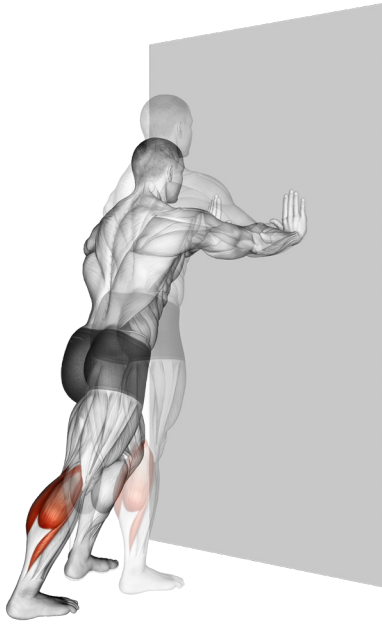
With arms extended outward at shoulder-height, turn palms down and to the rear. Maintain neutral spine and keep knees slightly bent

### Alternative options:

n/a

**Primary muscles used:** Biceps, pectoralis major, anterior deltoids

## Static Flexibility Exercises (Lower Body): Standing gastrocnemius stretch



### Teaching points:

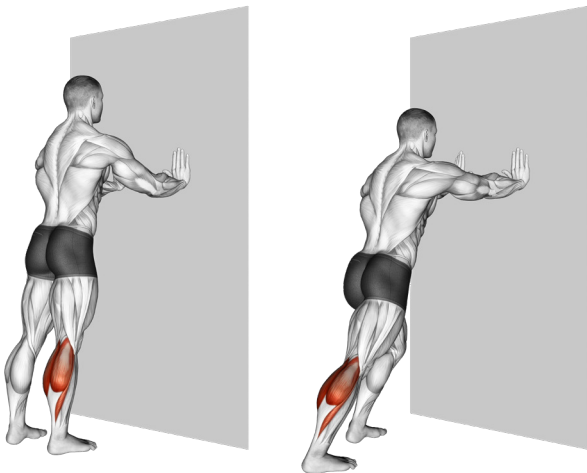
Make sure heels are flat on the floor and feet are parallel, both facing forward. Move the rear foot back to increase depth of the stretch

### Alternative options:

n/a

**Primary muscles used:** Gastrocnemius

## Standing soleus stretch



### Teaching points:

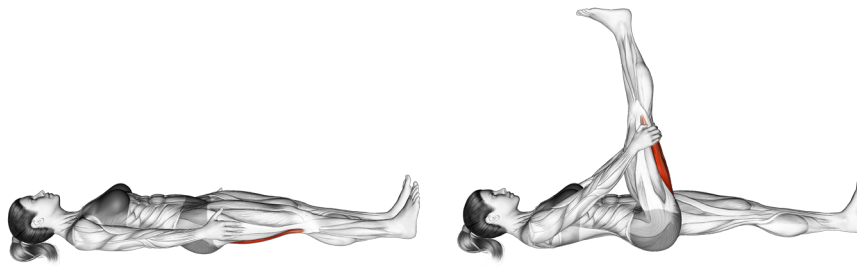
As above but move rear foot forward slightly and bend leg while keeping heel pressed firmly to the floor

### Alternative options:

n/a

**Primary muscles used:** Soleus

## Supine hamstring stretch



### Teaching points:

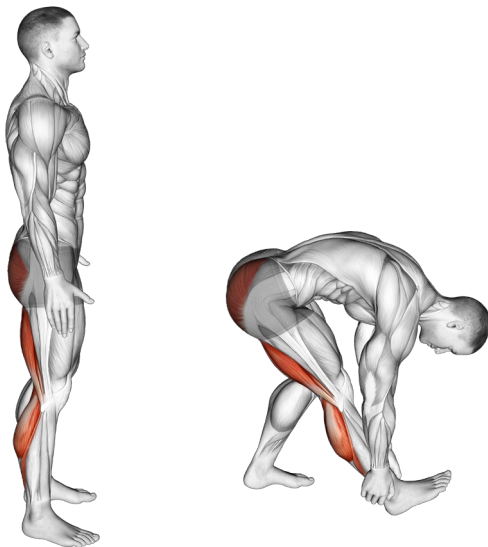
Point extended leg up toward the ceiling. Keep upper body flat on the floor and ensure shoulders remain relaxed. Hold behind the knee or the calf and gently pull leg in. Place a towel or belt around the foot as an alternative

### Alternative options:

n/a

**Primary muscles used:** Hamstrings

## Standing hamstring stretch



### Teaching points:

Keep thighs parallel and place hands on thigh of bent leg. Push hips to the rear to deepen stretch. Maintain neutral spine throughout

### Alternative options:

n/a

**Primary muscles used:** Hamstrings

## Supine gluteal stretch



### Teaching points:

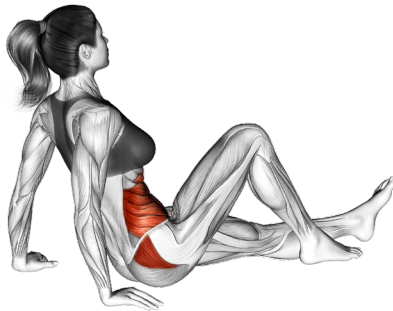
Bend leg and hold behind the knee. Cross other leg over. Relax the body. Pull thigh towards the chest.

### Alternative options:

n/a

**Primary muscles used:** Gluteus maximus

## Supine gluteal, abductor & oblique stretch



### Teaching points:

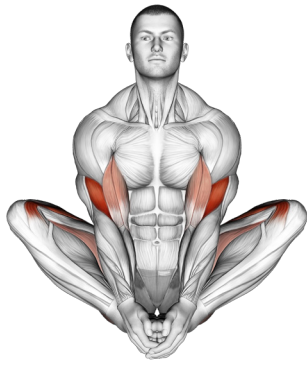
Sit up, supporting weight with one hand. Cross legs and turn towards the crossed leg.

### Alternative options:

n/a

**Primary muscles used:** Gluteus maximus, abductors, obliques

## Seated adductor stretch



### Teaching points:

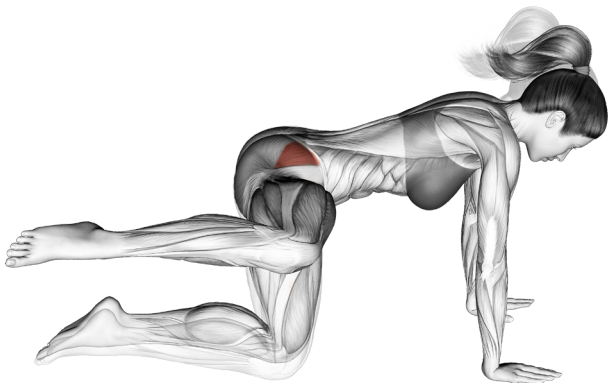
Place soles of the feet together and pull feet close to pelvis. Sit upright. Push elbows down onto thighs/knees to gently increase the depth of the stretch

### Alternative options:

n/a

**Primary muscles used:** Adductors

## Kneeling adductor stretch



### Teaching points:

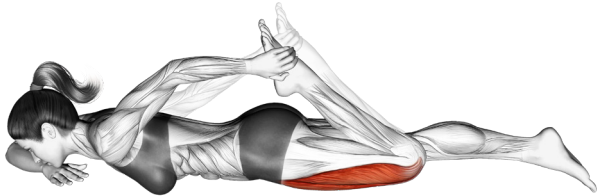
Keep upper body horizontal to the ground and ensure hips remain square. Knee and foot should point directly forward. Move extended leg away to deepen the stretch

### Alternative options:

n/a

**Primary muscles used:** Adductors

## Prone quadriceps stretch



### Teaching points:

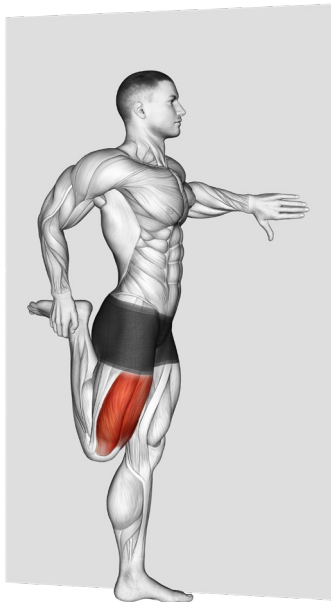
Rest head on non-involved arm. Keep knees close together. Grasp the ankle rather than the toes

### Alternative options:

n/a

**Primary muscles used:** Quadriceps

## Standing quadriceps stretch



### Teaching points:

Use free hand for support as required. Keep thighs and knees together. Point bent knee straight down to the floor. Push hips forward slightly to deepen stretch. Hold the ankle and not the toes. Look straight forwards and stand tall

### Alternative options:

n/a

**Primary muscles used:** Quadriceps



## Kneeling hip flexor stretch



### Teaching points:

In a deep lunge position, make sure the front shin is vertical. Keep torso upright. Place hands on front knee for balance. Move rear leg back to increase stretch.

### Alternative options:

n/a

**Primary muscles used:** Hip flexors, rectus femoris