

## Quads Knee Extension Wall Mounted Chart– CT109

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Quadriceps-knee extension exercise. Instructional information is given at each exercise position together with an analysis of muscle action during the exercise from start to finish. Advice on warming-up and how to breathe during the exercise is also provided which helps to reinforce coaching by the Gym Instructor. The Chart is ideal for fixing on the wall next to your weight training machine.</p>
Details	1. Dimension: A3 Size
Image	<p><b>QUADRICEPS-KNEE EXTENSION</b></p> <p><b>STRENGTHENS THE QUADRICEPS MUSCLE GROUP</b></p> <p><b>START POSITION</b></p> <ol style="list-style-type: none"> <li>1. Sit with your back straight and grasp hold of the bar.</li> <li>2. Place the feet securely under the pads and the back of the knees against the bar, as shown.</li> </ol> <p><b>POSITION TWO</b></p> <ol style="list-style-type: none"> <li>1. Press the feet up against the pads.</li> <li>2. Begin to straighten the legs.</li> </ol> <p><b>POSITION THREE</b></p> <ol style="list-style-type: none"> <li>1. Continue pressing the feet up against the pad.</li> <li>2. Keep the back straight as you extend the knees.</li> </ol> <p><b>POSITION FOUR</b></p> <ol style="list-style-type: none"> <li>1. Pull up the feet towards you and fully extend the knees.</li> <li>2. Drive the quads hard holding for the count of 200 before returning slowly to the start position to the count of 200.</li> </ol> <p><b>The Quadriceps and the muscles on the front of the lower leg are responsible for controlling this exercise.</b></p> <p><b>QUADRICEPS AND MUSCLES ON THE FRONT OF LEG</b></p> <p><b>The Hip Flexors, Abdominal and Right Extensor muscles contract to stabilize the pelvis and trunk throughout the exercise.</b></p> <p><b>The Quadriceps muscles extend the knee when lifting the weight.</b></p> <p><b>The Quadriceps work eccentrically to lower the bar to the start position.</b></p> <p><b>Stay Healthy...Keep Fit</b></p>