

914 774 3644

Date : Friday, December 05, 2008



VMO terminal leg extension

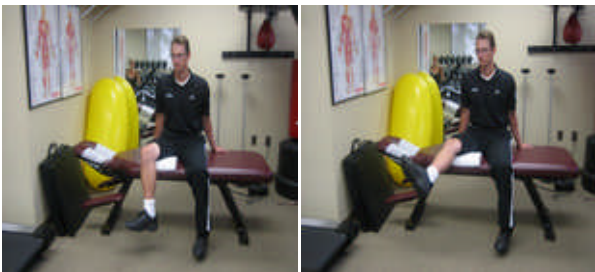
Place a towel under your knee
Turn your foot outward
Extend your leg feeling for medial quadricep contracting. hold at top of contraction for 3-4 seconds

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- A.T
- F.T
- G.F



Knee extension with ext rotation

Place half foam roller under leg. With foot externally rotated, extend leg straight out. Return and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- A.T
- F.T
- G.F