

## Seated Leg Extension



- Sit on the edge of a non rolling chair, keeping your posture tall and your abdominal muscles tight
- Secure one end of a resistance band to the back leg of the chair, and the other end to your ankle. You may need to wrap the resistance band around your socks or place some fabric between the band and your skin for comfort
- Keeping your thigh flat on the chair, and your posture straight, extend your knee so your lower leg is parallel to the ground.
- Return slowly and under control to the start position
- Repeat the desired number of repetitions, then switch the band to your opposite ankle
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

---

### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

---