

How to Do the Long-Arc Quad Exercise

Long-arc quad exercises help strengthen the quad muscles in the front of your thigh.

Here's how to do them.

Sit in a chair and lift and straighten one leg, without locking your knee.

Hold the leg out straight while you slowly count to 5.

Do this exercise 8 to 12 times.

Then switch and do the other leg.

If this exercise gets easy, you can add a light weight around your ankle.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.