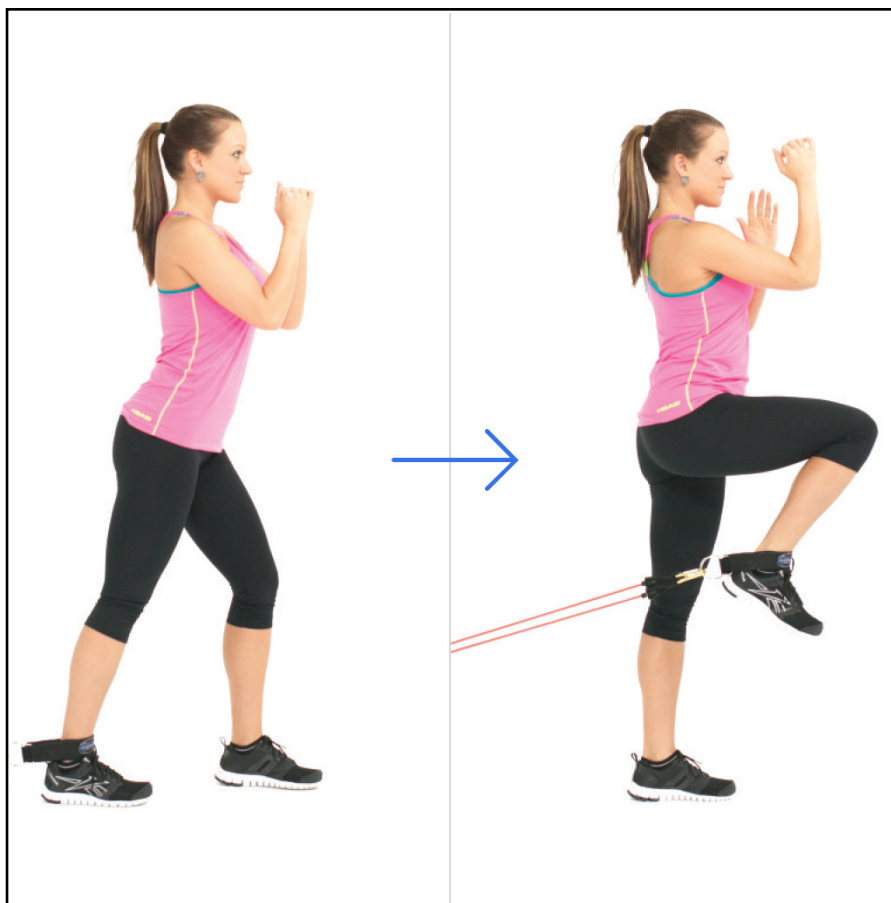


Standing Knee Raise With Bands

Area Targeted: Hip Flexor



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=xnF92fzbZkM>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door.

Bands: Attach both ends of the band(s) to one ankle strap.

Body Positioning: Secure the ankle strap around your active ankle and stand 3 to 4 feet away from the door with your back to the door. Position your body with your active leg back and far enough away from the door so that the band(s) are starting to stretch. Keep your back straight, chest up, head straight and stomach tight.

MOVEMENT:

Bring your active leg up and forward until your knee is at hip height.

POINTS TO REMEMBER:

1. As you raise your knee try to keep your foot forward so that your lower leg remains perpendicular with the floor.