



Legs | Quadriceps

Stand on the MSD-Band with two feet at shoulder width. Hold the ends firmly in each hand, your arms straight down alongside your body and your legs bent. While keeping your arms stretched during the entire exercise, stretch your legs.



Legs | Quadriceps

Stand on the MSD-Band with two feet at shoulder width. Hold the ends firmly in each hand, hands above your shoulders and your legs bent. While keeping your arms bent during the exercise, stretch your legs.



**Legs | Quadriceps
 Arms | Biceps**

Hold the ends of the MSD-Band firmly in each hand at chest height. Place your foot in the middle of the MSD-Band, your leg in a 90° angle, while balancing on your other leg. While keeping your arms in place, stretch your leg downward.



Legs | Quadriceps

Hold the ends of the MSD-Band firmly in each hand at chest height. Place your front foot in the middle of the MSD-Band, your front leg stretched, your back leg slightly bent. Now form a 90° angle with your front leg and return to the starting position.



Legs | Quadriceps

Attach the MSD-Band securely around your foot. Hold the two ends in your hand near your shoulder. Lie on your stomach on an exercise mat, your lower leg raised. Stretch your lower leg.



Legs | Quadriceps

Attach the MSD-Band securely around your foot. Hold the two ends in your hand near your chest. Lie on your back on an exercise mat, your knee raised. Extend your leg, keeping your hands steady.



Legs | Hamstring

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A dooranchor or a chair with a person of your own weight on it are preferred choices. Insert your foot in the loop. Lie on your stomach on an exercise mat, your leg stretched. Raise your lower leg.



Legs | Hamstring

Attach the MSD-Band to your right ankle. Stand on the band with left foot, while supporting yourself with a chair or table. Hold the remaining piece of MSD-Band in your left hand. Lift your right lower leg backwards.



Legs | Quadriceps

Attach the MSD-Band to your right ankle. Stand on the band with left foot, while sitting on a chair. Hold the remaining piece of MSD-Band in your left hand. Lift your right lower leg forward.



Legs | Quadriceps

Wrap the MSD-Band around each hand and hold firmly. Lift your leg and place your foot in the middle of the MSD-Band, while sitting on a chair. Stretch your leg forward while keeping your hands close to your chest, thumbside facing up.



Legs | Gluteus Maximus

Attach the MSD-Band securely around an external object near the ground. Make sure the object is firmly attached and can not move during the exercise. A door anchor is the preferred choice. Wrap the MSD-Band around your leg. Pull your leg backwards, keeping it stretched during the entire exercise. To challenge your supporting leg, you can add a foam balance pad to the exercise.