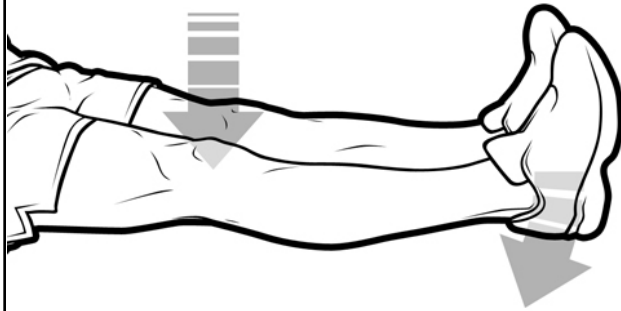


VMO ACTIVATION

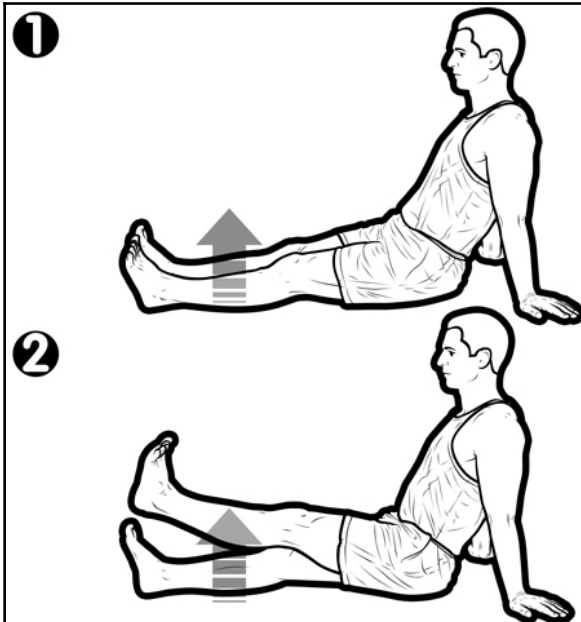


ISOMETRIC CO-CONTRACTIONS

With your leg out straight, tighten your quadriceps muscle to lock your knee straight. At the same time, try to pull your heel down into the floor to contract your hamstrings. Hold the co-contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 5 x day



STRAIGHT-LEG RAISE

Sitting on the floor with legs straight and leaning back on your hands (1). Tighten your thigh muscles as hard as possible to straighten your knee then lift the straight leg up off the floor and hold in the air for 3 seconds. Lower and repeat.

SETS & REPS: 2-3 x 10-15

FREQUENCY: 2 x day