



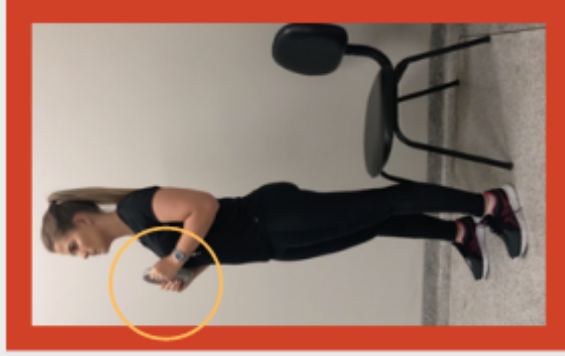
QUADS EXERCISE

LEVEL 4 - WEIGHTED TWO LEGGED SQUATS

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INSTRUCTIONS

- Stick bottom out, as though going to sit on edge of a chair
- Add weight. If in a gym, use weight you can do 12x without compromising technique. If at home, hold heavy items (i.e. rice packs)
- Use a chair for guidance and safety, but don't sit down on it
- Keep even pressure on both legs and feet
- Keep knees in line with your toes
- Squat up and down



Sets: 3

Repetitions: 12

**Rest for: 60 seconds
between sets**



5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels



- 1 Ideally keep pain < 2/10 during your activities if possible
- 2 Do not exceed 5/10 pain during exercise
- 3 Pain should return to normal levels 60 minutes post-exercise
- 4 Pain should not be increased the following morning post-exercise
- 5 Do your physical activities based on your pain response

These numbers will help you as a guide, however, it may vary from person to person.