



**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.