

Quad training for knee support

October 24 2019, by Len Canter



Whether you're mountain biking, kicking a soccer ball with friends, or just sprinting down the street to catch a bus, your quadriceps are hard at work.

The quads are the large muscles that run down the fronts of your thighs. The stronger they are, the less strain each movement will exert on your knees. Lunges and squats will keep these muscles in tip-top shape.

The **basic squat** involves a motion similar to sitting down in a chair. Stand straight, [feet](#) shoulder-width apart, toes forward. Keeping good posture, lower your hips until your thighs are parallel to the floor. You might have to work up to this over time, going a little deeper each session. Hold the position for two seconds before returning to the start position.

As you get stronger, try the **sumo squat**. Start with your feet wider than your shoulders with your toes pointed out. Push your hips back and bend your knees, but no more than 90 degrees—your back will lean forward for support. After a few seconds, contract your glutes and slowly stand up.

For **lunges**, start with feet shoulder-width apart. Step forward with your right foot, then lower your [left knee](#) almost to the floor as you make a right angle with your right thigh and calf. Bring your [left foot](#) up to meet the right and then step forward into a lunge with your left leg.

For each exercise do three sets of up to 15 repetitions. Be sure to warm up before [strength training](#), stretch afterwards, and always give your muscles at least a day of rest in between workouts.

More information: The American Council on Exercise has an intense [leg workout](#) to help you stay challenged.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Quad training for knee support (2019, October 24) retrieved 3 May 2024 from

<https://medicalxpress.com/news/2019-10-quad-knee.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.