**Supine Knee Extension Stretch on Towel Roll**
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin lying on your back with both legs bent and your feet resting on the floor.

**Movement**
- Place one heel on a towel roll and relax your leg muscles to straighten your knee. Hold this position.

**Tip**
- Make sure to keep your back flat against the floor during the stretch.

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**Supine Heel Slide with Strap**
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin lying on your back with your legs straight and a strap around one foot.

**Movement**
- Slowly pull on the strap to bring your foot toward your buttock.

**Tip**
- Make sure to keep your heel moving straight toward your buttock in line with your hip.

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**Supine Short Arc Quad with Towel Roll**
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin lying on your back with a towel roll under one knee with your heel resting on the ground.

**Movement**
- Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and repeat.

**Tip**
- Make sure to keep your back flat against the floor as you move your leg.

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**Supine Hamstring Stretch with Strap**
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.

**Movement**
- Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.

**Tip**
- You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.
Seated Long Arc Quad
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin sitting upright in a chair.

Movement
- Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip
- Make sure to keep your back straight during the exercise.

Mini Squat
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin in a standing upright position, with your feet hip width apart.

Movement
- Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip
- Make sure to keep your back straight and do not let your knees bend forward past your toes. Try to keep your weight in your heels.