
VMO Activation

Seated on the floor, bring one foot up to your glutes and place on the floor (foot flat on the floor and knee near the chest). Slightly lean forwards, rotate the foot on the straight leg out slightly to a 45 degree angle. Tighten the thigh muscle (quadricep), pause for 1 second and lift the straight leg up off the floor 1 inch and hold for 5 seconds. Lower to the start and repeat.

