

# QUAD RELEASE MINI GUIDE

Days 1–7: Tension Release & Mobility Foundation

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## Know Your Quadriceps

- Rectus Femoris – Hip flexion & knee extension
- Vastus Lateralis – Outer thigh stabilizer
- Vastus Medialis – Inner knee support
- Vastus Intermedius – Deep quad support

## Step 1: Foam Roll Release

Roll slowly from hip to knee. Pause on tender spots for 20–30 seconds.

## Step 2: Trigger Point Hold

Apply firm pressure to tight areas. Hold 20–30 seconds while breathing slowly.

## Step 3: Acupressure Reset

Press 3–4 inches above kneecap (center quad line). Hold 20 seconds.

## Step 4: Quad Stretch

Half-kneeling stretch. Tuck pelvis and hold 30 seconds per side.

## Step 5: Activate

Perform bodyweight squats or straight leg raises (2–3 sets of 10 reps).

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## Weekly Checkpoint

- Has knee tension decreased?
- Has hip mobility improved?

Release → Mobilize → Activate → Integrate

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