

Knee Strengthening Program



KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGHS ARE AT 90 DEGREES. KEEP BACK FLAT.

Repeat: 10 times **Sets:** 3

Hold Time: 5 secs

Sessions: 1 /day



KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. LIFT THE UNINVOLVED FOOT OFF THE GROUND. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGH IS 1/3 BENT.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs

Sessions: 1/day



STEP OUT APPROXIMATELY 2-3 FEET THEN LOWER YOUR HIPS DOWN TOWARD THE GROUND. STRAIGHTEN UP AND STEP BACK TO THE INITIAL POSITION.

Repeat: 10 times/side **Sets:** 2

Hold Time: 5 secs

Sessions: 1 /day



STEP UP ON A 8-12 INCH STEP USING THE ONE LEG AND THEN SLOWLY RETURN TO THE STARTING POSITION. REPEAT THE STEP UP LEADING WITH THE OTHER LEG.

Repeat: 30 times **Sets:** 2

Sessions: 1 /day



STEP DOWN IN FRONT OFF A 2-8 INCH STEP USING ONE LEG AND TOUCHING YOUR HEEL ONLY OF THE OTHER LEG ON THE FLOOR. SLOWLY RETURN TO THE STARTING POSITION.

Repeat:	10 times	Sets:	3
Hold Time:	5 secs		
Sessions:	1 /day		