

7 KEY KNEE EXERCISES

STEP DOWNS: 8-10 each side



START
STANDING



STEP DOWN



RISE TO TIP
TOE



RETURN TO
STAND

HALF SIDE PLANK ABDUCTOR: 8-10 each side



KNEES
TOGETHER



KNEES
APART



KNEES
TOGETHER



KNEES
APART

SLIDING BRIDGE: 8-10 each side



PLACE
SLIDERS



BRIDGE



SLIDE
ONE LEG



RETURN TO
BRIDGE



*SLIDE
BOTH
LEGS

TOE RAISES: 15-20 reps



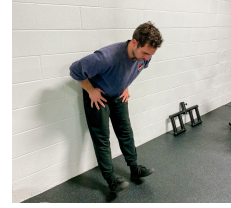
FEET FLAT



TOES UP



FEET FLAT



TOES UP

STRAIGHT LEG LIFT: 8-10 each side



SIT TALL



LIFT LEG



SIT TALL



LIFT LEG

BENCH/WALL LUNGE: 60 secs each side



ALL 4'S



GET
READY



LUNGE



COMPRESS

RECLINING FIGURE 4: 60 secs each side



FEET UP



CROSS
LEG



FEET UP



OTHER LEG