

# Advanced Knee Strengthening Program

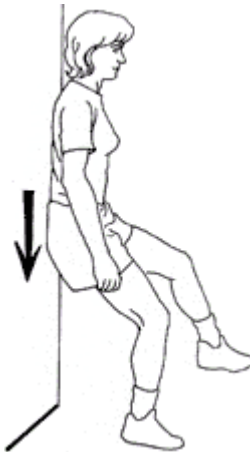


KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGHS ARE 1/3 BENT. KEEP BACK FLAT.

**Repeat:** 10 times      **Sets:** 2

**Hold Time:** 5 secs      **Resistance/Time:** 0

**Sessions:** 2 /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      **Resistance/Time:** 0

**Sessions:** 2 /day



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

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



STEP UP ON A 2-8 INCH STEP USING THE INVOLVED LEG AND THEN SLOWLY RETURN TO THE STARTING POSITION.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



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

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		