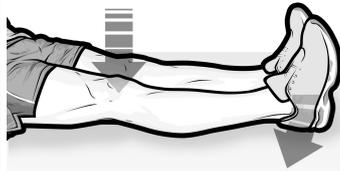


# 'GET STRONG' - KNEE EXERCISES

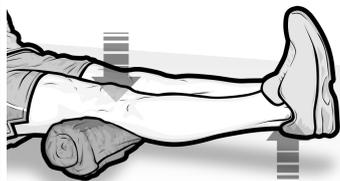


## ISOMETRIC CONTRACTIONS

With your leg out straight, tighten your thigh muscle to keep your knee straight. At the same time, try to pull your heel down into the floor to contract your hamstrings. Hold the contraction for 5-6 seconds. Relax and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily

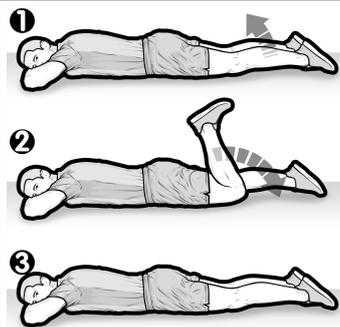


## INNER RANGE LEG EXTENSION

With your leg slightly bent over a rolled-up towel, lift your heel up and straighten your knee. Hold the contraction for 5 seconds. Relax and repeat.

SETS & REPS: 6-12 x twice

FREQUENCY: Daily

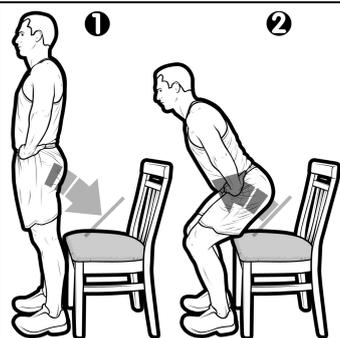


## 1 ECCENTRIC HAMSTRING CURL (NO WEIGHT)

Lying on your front in a comfortable position, bend your knee as far as you can towards your bottom. Try not to bend at your lower back. Slowly lower your foot back to the start position. Repeat. Progress by adding a weight or resistance band

SETS & REPS: 6-12 x twice

FREQUENCY: Daily

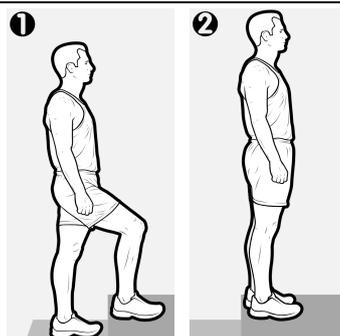


## 1 2 SIT TO STAND

Stand in front of a chair with your feet hip-width apart. Squat down as if to sit down on the chair. Slowly return to standing without hand support

SETS & REPS: 6-12 x twice

FREQUENCY: Daily



## 1 2 STEP-UPS

Stand facing the step. Step up onto the step. Step back down. Repeat

SETS & REPS: 6-12 x twice

FREQUENCY: Daily