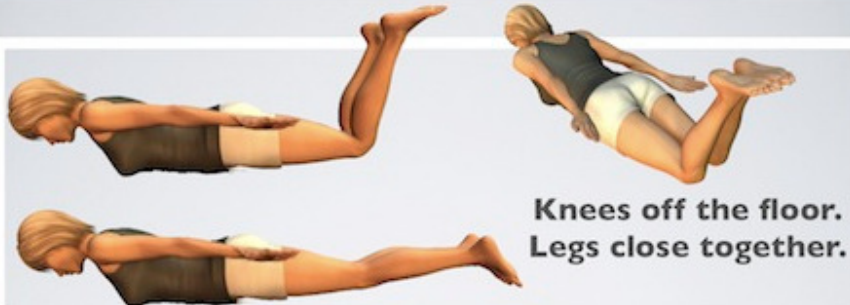


KNEE STRENGTHENING EXERCISES



Knees off the floor.
Legs close together.

PRONE LEG CURLS

Bend and straighten fully. Repeat 12-15 times



Straight line from your
shoulder to your ankle.

SINGLE LEG BRIDGE

Hold 5 seconds, then switch legs. Repeat 6-8 times.



Lift your knee
up before stepping
back down.

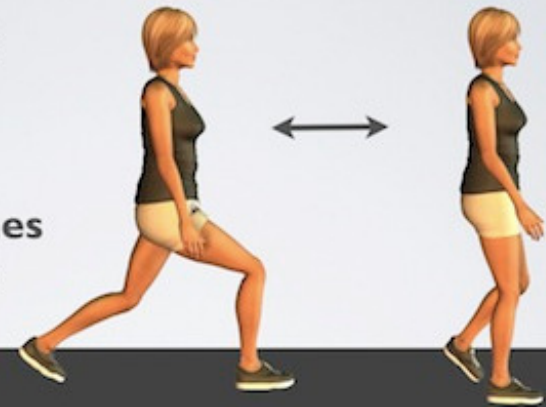
Repeat 15-20
times on each side.

STEP UP #2

Step back into the lunge.

Hold for 10-15
seconds

Repeat 4-6 times
for each side



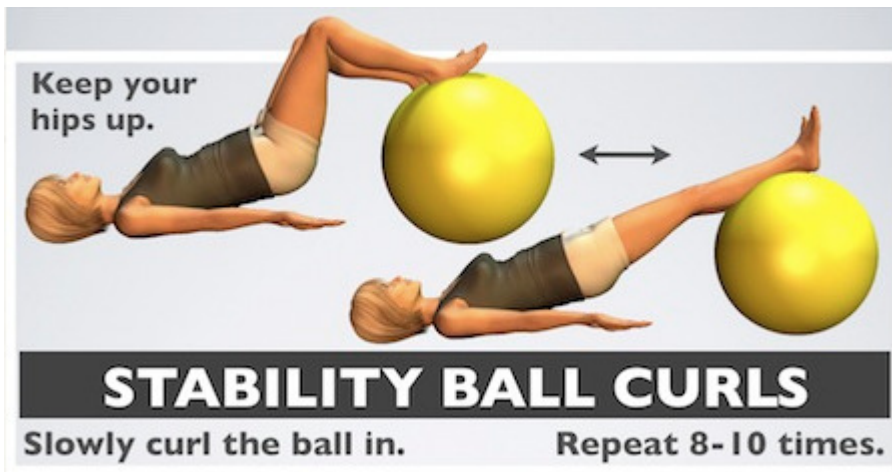
LUNGE

Always consult with your doctor if you are new to doing these types of exercises, if you are unsure of your medially able to perform these exercises or if you are coming off of any injury. Stop **immediately** if you feel any pain or discomfort while doing any of these moves! Always listen to YOUR body!

For details on how to do each of the exercises, visit: <https://www.whyexercise.com/knee-strengthening-exercises.html>

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KNEE STRENGTHENING EXERCISES



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