

## Knee Strengthening - 2

## Knee Extension (Ankle Weight)

Sets: 2 - 3 | Reps: 10 - 15 | Load: 1 - 5 Kgs |  
Hold: 10 - 15 Secs | Rest: 1 - 2 Sec



*Start Position*



*Extend leg straight*

### Preparation:

- Sit with good posture, weight on ankle as shown

### Execution:

- Extend leg straight

## Knee Flexion Concentric (Ankle Weight)

Sets: 2 - 3 | Reps: 10 - 15 | Load: 1 - 5 Kgs |

Hold: 5 - 15 Sec | Rest: 1 - 2 Sec



*Start position*



*Bend knee*

### Preparation:

- Attach an ankle weight to your foot as shown
- Stand with good posture. Use a table or countertop for support

### Execution:

- Lift your heel up towards your buttocks as far as you can, bending your knee
- Relax your leg, returning to the start position

## Knee Extension Concentric (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 10 Sec | Rest: 1 - 2 Sec



*Start Position*



*Straighten Knee*

### Preparation:

- Sit in a chair with good posture

### Execution:

- Straighten your knee

## Knee Flexion Concentric (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 15 Sec | Rest: 1 - 2 Sec



*Start Position*



*Bend Knee*

### Preparation:

- Sit with good posture
- Loop tubing around your ankle as shown

### Execution:

- Bend your knee as much as you can
- Straighten your knee in a controlled manner

## Leg Press (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 10 Sec | Rest: 1 - 2 Sec



*Start Position*



*Try and keep hip, knee and ankle inline*

### Preparation:

- Lie on your back holding band around feet as shown

### Execution:

- Press foot into band
- Try and keep hip, knee and ankle inline

## Clamshells (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 10 Sec | Rest: 1 - 2 Sec



*Start position*



*Press knees wide, against the band*

### Preparation:

- Knees bent, band at knees

### Execution:

- Press knees wide, against the band
- Keep feet together

## Bridge | Arms Flat

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 10 Sec |

Rest: 1 - 2 Sec



*Start Position*



*Lift hips up*

### Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

### Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner