

KNEE STRENGTHENING AND FUNCTIONAL TRAINING EXERCISES

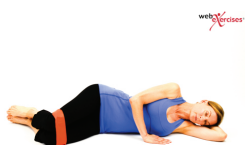
CLIENT NAME: _____

DATE: _____



1. HIP BRIDGE WITH THERABAND

Begin lying on floor with knees bent, feet flat on floor. Place a theraband around thighs just above knees. Slightly abduct legs while simultaneously performing a hip bridge. Slowly lower self to start position without bringing knees together. Perform 3 sets of 10 repetitions.



2. CLAM SHELL WITH THERABAND

Begin lying on side with knees together and bent to 90 degrees with theraband around knees. Lift top knee upward while keeping feet touching. Continue lifting knee to the point just before pelvis begins to move. Perform 3 sets of 10 repetitions.



3. STABILITY BALL LEG CURL

Begin lying face up with arms extended at sides and ankles on stability ball. Activate core and form a bridge position. Then flex knees bending legs as you draw ball inward. Reverse the movement, extending knees, and return to start position. Perform 3 sets of 10 repetitions.



4. 1/4 SQUAT WITH LATERAL STEPS USING THERABAND

Begin standing with a Theraband around thighs just above knees. Keep your feet and knees apart enough to put resistance on the band. Perform a 1/4 squat with both of your feet supporting your body weight. Hold squat position, shift your weight fully onto one leg. Take a lateral step with the other/un-weighted leg. Repeat taking several lateral steps in one direction and then do the same in the other direction.



5. LONG JUMP TO BACKWARD HOP

Begin in a split stance lunge position with arms raised. Jump forward in an explosive long jump trying to "stick" the landing for 3-5 seconds. Make sure the knees are flexed to approximately 90 degrees on landing. Hop backwards two or three time returning to the start position. Perform 3 sets of 10 repetitions.



6. SPLIT JUMPS

Begin in a split stance lunge position with arms at sides. Jump upward and quickly reposition legs and land with feet in opposite positions. Raise arms while you are jumping. Continue jumps by alternating leg positions. Perform 3 sets of 10 repetitions.