

## Knee Extension (Roll)

Sets: 3 | Reps: 8 | Hold: 3 sec

### Preparation:

- Place a roll underneath your knee as shown

### Execution:

- Straighten your knee
- Relax your knee back down to the start position



*Knee supported*



*Straighten your knee*

## Hip Abduction - Bottom Leg Bent

Sets: 3 | Reps: 8 | Hold: 3 sec

### Preparation:

- Lie on side, bottom leg bent

### Execution:

- Raise top leg from the hip
- Do not arch back



*Lie on side*



*Raise top leg from the hip*

## Knee Extension

Sets: 3 | Reps: 8 | Hold: 3 sec

### Preparation:

- Sit in a chair with good posture

### Execution:

- Straighten your knee as much as you can
- Relax your knee back to the start position in a controlled manner



*Sit with good posture*



*Straighten knee*

## Knee Extension (Ball)

Sets: 3 | Reps: 8 | Hold: 3 sec

### Preparation:

- Stand with ball behind knee against the wall as shown

### Execution:

- Straighten knee, pushing ball with the back of your knee
- Return to the start position



*Start Position*



*Straighten knee, pushing ball with the back of your knee*

## Calf Raise | Bilateral (Chair)

Sets: 3 | Reps: 12

### Preparation:

- Stand holding a chair as shown

### Execution:

- Stand on your tip toes, lifting your heels as high as you can



*Start Position*



*Stand on tip toes*

## Wall Sit

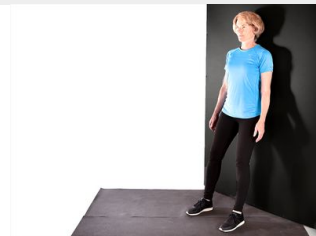
Sets: 2 | Reps: 5 | Hold: 15 - 30 sec

### Preparation:

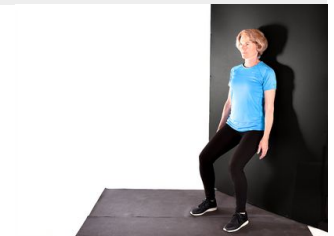
- Stand with back against the wall
- Position feet away from the wall

### Execution:

- Perform squatting motion, sliding down the wall
- Squat as far as you can control



*Eyes forward, pull belly button in, hands resting at sides*



*Slowly slide down the wall to 1/2 squat*



*Slide down to full squat, keep knees behind toes*