

9. Knee Extension (Band)



Sets: 1
Reps: 10
Load: green band

10. Knee Flexion (Band)



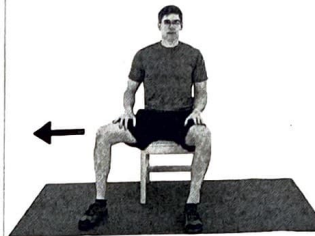
Sets: 1
Reps: 10
Load: green band

11. Hip Flexion | Inner Range



Sets: 1
Reps: 10

12. Hip Abduction (Chair)



Sets: 1
Reps: 10

13. Knee Extension + Hip Abduction



Sets: 1
Reps: 10

14. VMO Activation (Ball)



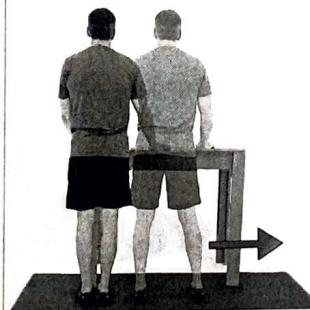
Sets: 1
Reps: 10
Hold: 5 seconds

15. Tricep Extension Dips (Chair)



Sets: 1
Reps: 10

16. Side Stepping (Countertop)



Sets: 1
Reps: 10

9. Knee Extension (Band)

Sets: 1 | Reps: 10 | Load: green band

Preparation:

- Attach band to ankle
- Sit in a chair with good posture

Execution:

- Straighten knee against resistance



Sit in a chair with good posture



Straighten knee against resistance

10. Knee Flexion (Band)

Sets: 1 | Reps: 10 | Load: green band

Preparation:

- Put band around ankles
- Sit on a chair with good posture
- Set one foot forward

Execution:

- Curl knee (back foot) against resistance



Start position



Curl knee against resistance

11. Hip Flexion | Inner Range

Sets: 1 | Reps: 10

Preparation:

- Sit in a chair with good posture
- Position your feet flat on the floor, knees and hips at 90 degrees

Execution:

- Maintaining good posture, lift your knee as high off the chair as you can



Start Position



Lift knee

12. Hip Abduction (Chair)

Sets: 1 | Reps: 10

Preparation:

- Sit with good posture

Execution:

- Pull one leg out to the side keeping your foot in line with your knee
- Return to the middle
- Repeat on the other side
- Try doing one side and the other before returning to the middle



Pull one leg to the side



Bring it back to the middle



Repeat on the other side

13. Knee Extension + Hip Abduction

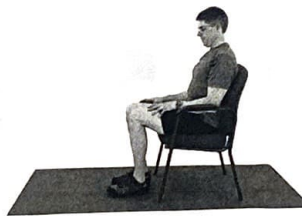
Sets: 1 | Reps: 10

Preparation:

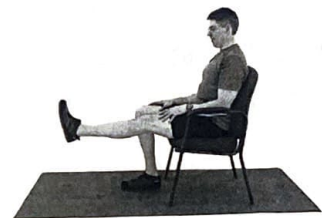
- Sit in a chair with good posture

Execution:

- Straighten one knee
- Bring leg to the side and back to middle
- Go back to start position with both feet on ground
- Repeat sequence



Sit in a chair with good posture



Straighten one knee

14. VMO Activation (Ball)

Sets: 1 | Reps: 10 | Hold: 5 seconds

Preparation:

- Sit on a chair with a small ball or pillow between your legs. Feet flat on the floor.

Execution:

- Feel your inner quad muscle just inside and above your knee cap
- Contract these muscles by squeezing your knees into the ball



15. Tricep Extension Dips (Chair)

Sets: 1 | Reps: 10

Preparation:

- Sit with feet flat on the floor away from the chair
- Hold the arm rests firmly

Execution:

- Press up by straightening your elbows
- Keep your upper body tall, shoulders down and back



Sit with good posture,
hands on arm rests



Use arms to press body
up, keeping shoulders
down