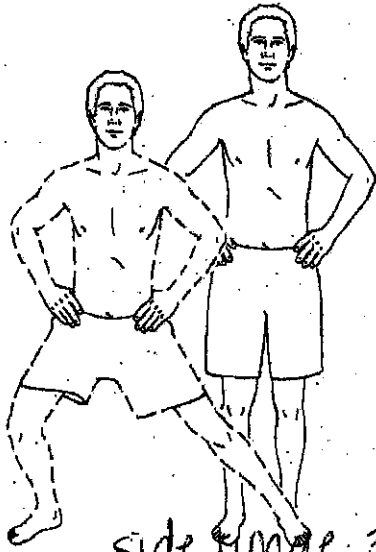
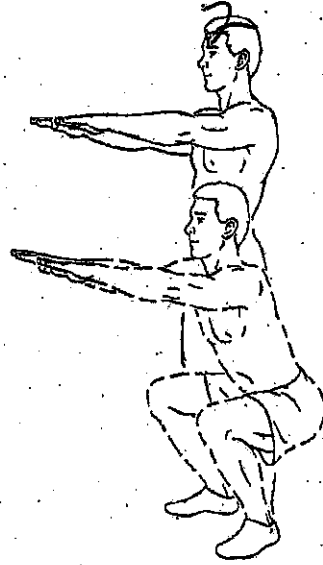


Higher Difficulty Knee + Hip

Knee Strength Exercises

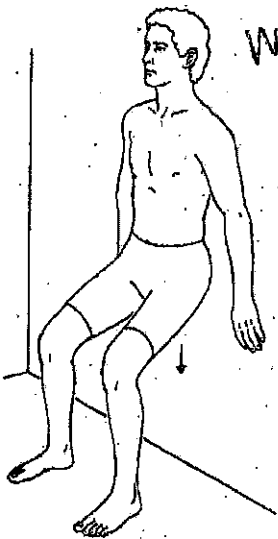


side lunge 3x8



3x10

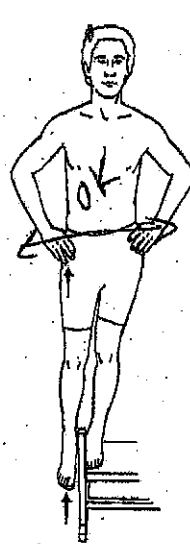
squat:
(correct form:
knees do NOT
go in front of
toes, back
straight,
chest up)



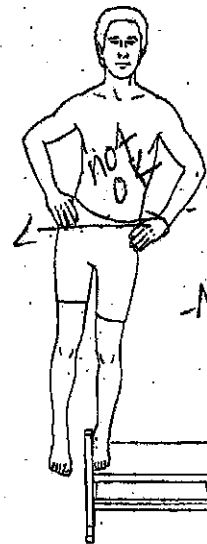
wall sit

3x: 30-45
seconds

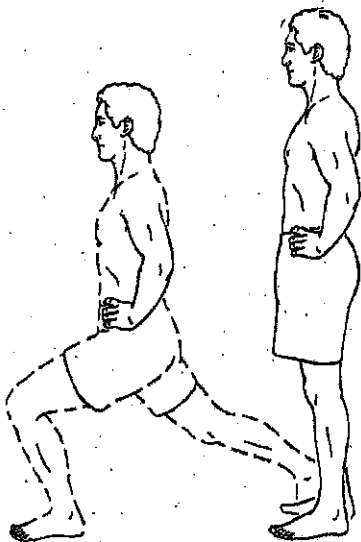
increase
when able



3x8

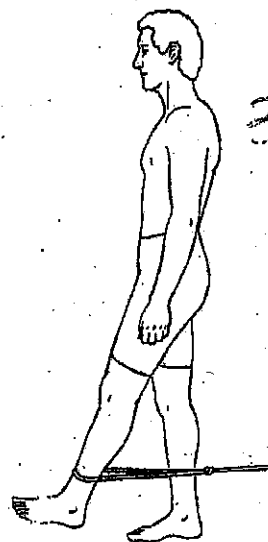


hips square
-make sure
leg on step
is straight

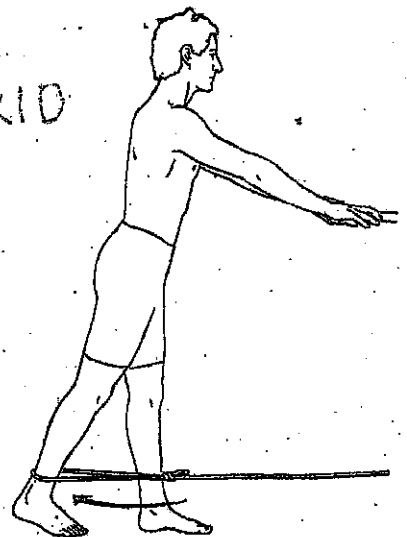


front
lunge

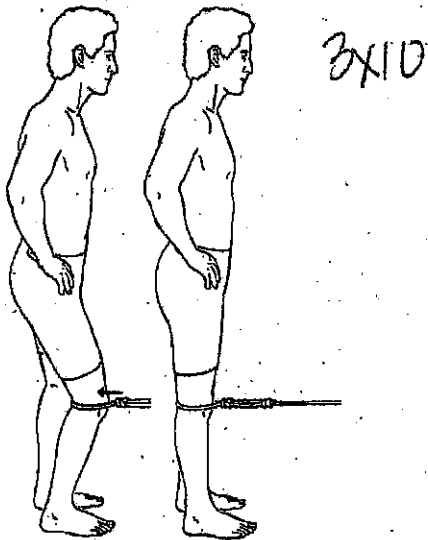
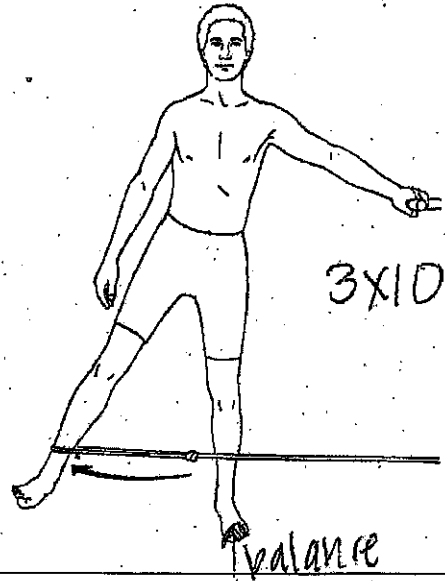
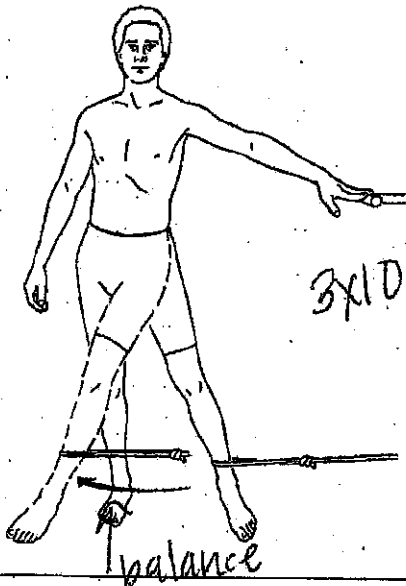
3x12



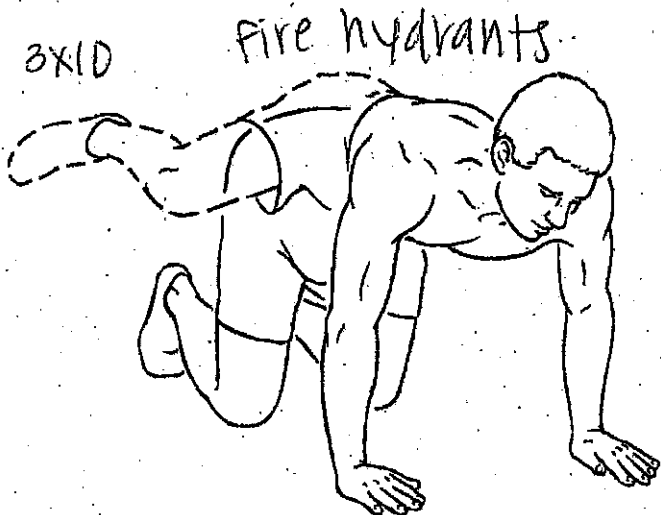
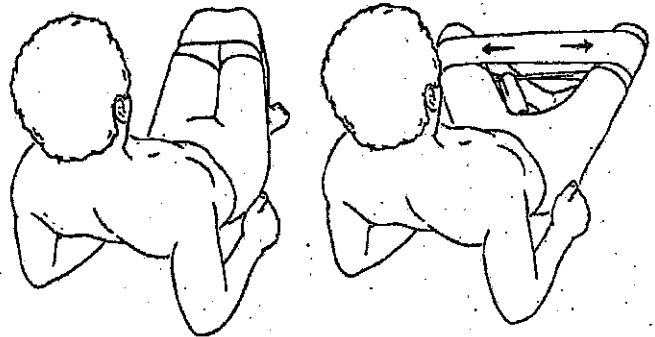
3x10



Hip and Gluteal Strength Exercises



TRUNK
EXTENSION



Keep back straight & level