

# Knee Strengthening Exercises

## Half Squats: 3 sets of 10

Stand shoulder length apart. With arms out, lower your upper body into a sitting position, and hold for 5 seconds. Return to the original positions by putting on your heels. If the exercise is easy, hold weights in your hand.

## Hamstring Curls: 3 sets of 10

Hold onto a steady surface to maintain balance. Flexing the knee, lift your heel as high as you can. Hold for 5 seconds and return to the original position. If the exercise is easy, add ankle weights.

## Calf Raises: 2 sets of 10

Hold onto a steady surface to maintain balance. Lift one foot off the ground. Keep your weight on the ball of your foot, lift your heel as high as you can. Return to the original position and repeat.

## Leg Extensions: 3 sets of 10

In a sitting position, flex the muscles of your thigh. With control, straighten your leg while continually flexing your thigh muscles. Hold for 5 seconds, and return to starting positions. If the exercise is easy, add ankle weights.

## Straight Leg Raises: 3 sets of 10 reps

Lay down, using your elbows for support. Bend one leg and keep it flat on the ground. Maintain the other leg 6 to 10 inches off the ground. Hold for 5 seconds, and return to the original position. If the exercise is easy, add ankle weights.

## Straight Leg Raises (prone): 3 sets of 10 reps

Lay down using your arms to support your head. Squeeze the muscle, and lift one leg as high as possible. Hold for 5 seconds and relax. If the exercise is easy, add ankle weights.

## Hip abduction 3 sets of 20 reps

Lay on your side. Bend the lower leg for support. Keep your upper leg straight. With control, raise the leg to 45 degrees. Make your leg is straight but not locked. Hold for 5 seconds, and return to starting position. If the exercise is easy, add ankle weights.

# Knee Strengthening Exercises

## **Hip adduction: 3 sets of 20 reps**

Lay on your side with both knees straight. Cross one leg over the other. Raise the bottom leg 7 inches from the ground. Hold for 5 seconds, and return to the original position. If the exercise is easy, add ankle weights.

## **Leg presses: 3 sets of 10 reps**

Position the stretch band at your foot arch, holding the ends in your hands. Lay down with your elbow bent on the sides. Flex your knee towards your upper body. With control, straighten your knee. Hold for 2 seconds, and return to the starting position.