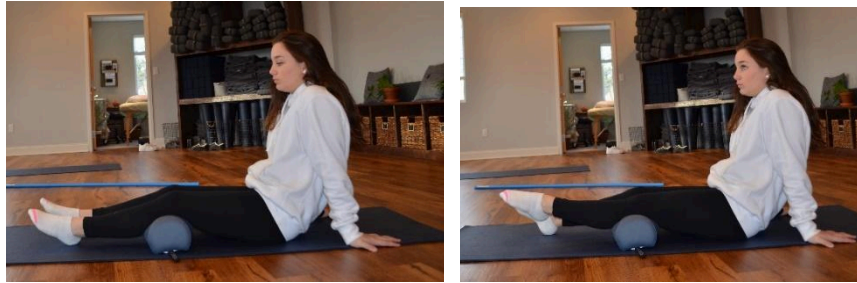


## Knee Exercises:

### 1. Short Arc Quads:

- Place your knee over a bolster with an **ankle weight on**.
- Slowly straighten your knee and then lower.
- Make sure your foot is moving directly up and down and not to either side.



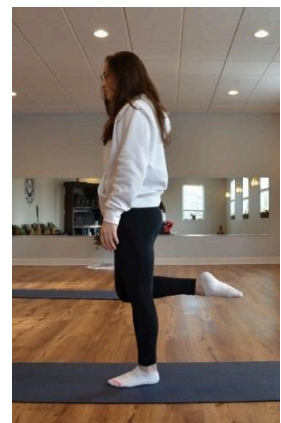
### 2. Hip Extensions on Hands and Knees:

- Start on your hands and knees.
- Left one thigh so that it is level with trunk.
- Do a pelvic tilt.
- Lift leg from trunk level upward while maintaining the pelvic tilt.



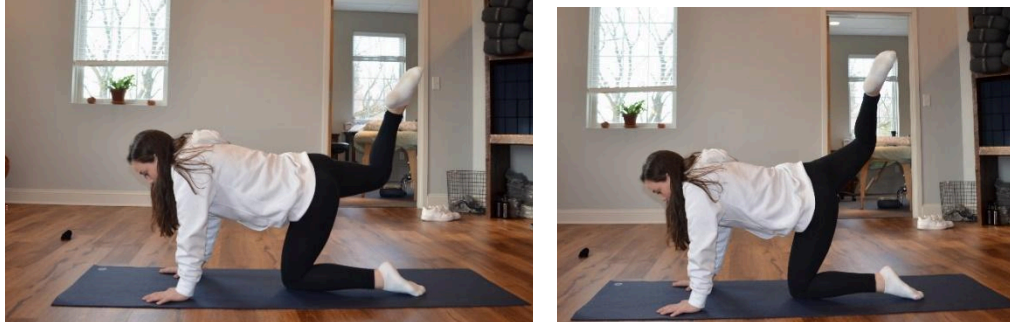
### 3. Hamstring strength in Standing:

- **Place an ankle weight on your ankle.**
- Keeping thighs together, bend your knee.
- Your foot should come up toward your bottom.



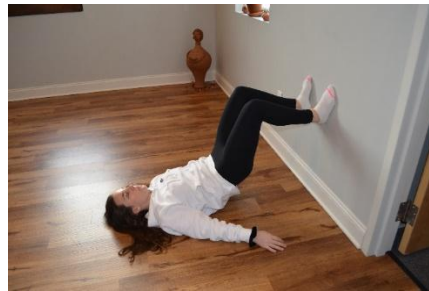
#### 4. Hip Extensions on Hands and Knees:

- Start on your hands and knees.
- Lift one thigh so that it is level with trunk.
- Bend your knee.
- Do a pelvic tilt.
- From this position lift your leg up toward ceiling.



#### 5. Bridges against wall:

- Place your feet against a wall or mat with your knees bent. **Knees should be about 6 inches apart.**
- **Push your heels into the wall** while lifting your buttocks off ground. Make sure you are doing a pelvic tilt to avoid arching your back.
- As your hips raise breath in as in exercise one.
- As your hips come down allow your breath to come out.



#### 6. Leg Extensions (Advanced:)

- Lie with your legs off of a mat.
- **Do a pelvic tilt.**
- Lift both legs up toward the ceiling.



## 7. Bird Dog” Exercises:

- Start on your hands and knees.
- Do a pelvic tilt to activate your core.
  - a. Keeping a flat back raise one arm and then the other arm, breathing in when you lift arm and out when you bring arm down.
  - b. Keeping a flat back raise one leg and then the other leg, breathing in when you lift leg and out when you bring leg down.
  - c. Keeping flat back raise one leg and one arm at the same time. Breathe in when raising limbs and out when lowering.
  - d. **To make this even more difficult begin on a line or even the low beam and follow the same sequence.**



## 8. Leg Extensions:

- Lie with your legs off of a mat.
- Do a pelvic tilt.
- Lift both legs up toward the ceiling.



9. Holding weights in your hands lunge forward while walking and backward while walking. **Maintain pelvic tilt and watch your knees to make sure they are not moving inward or outward.**