



## Stronger Knees: Routine 1 (a challenge)

Single Leg Raises—4x each leg

Squats—8x

Wall Sit—30 seconds (Time it!)

Squats—8x

Speed Skate (step)—6x each leg

Side Lunges—6x each leg

Side Lying Leg Work (left side) Kicks—6x/1-2-3 down—3x/1-2-3 up—3x

Lie on back: Straight Leg Raises—6x each leg

Side Lying Leg Work (right side) Kicks—6x/1-2-3 down—3x/1-2-3 up—3x

Lie on back: Hug knees then and roll up to seated position.



## Stronger Knees: Routine 2 (more challenging)

Single Leg Raises—8x (right)/ Single Leg Arcs—3x (right)

Single Leg Raises—8x (left)/ Single Leg Arcs—3x (left)

Squat and hold 30 seconds+/ Squats—10x

Plié Squat and hold 30 seconds+/ Plié Squats—10x

Lunge (forward-side-diagonal)—6x each leg

Speed Skate with hop—8x each (catch breath/drink some water)

Side Lying Work (right) Kicks—10x/Circles—10x each direction

Rollover

Side Lying Work (left) Kicks—10x/Circles—10x each direction

Roll onto back

Straight Leg Raises—6x toes up/ 6x toes side (each leg)

Hug knees and then roll up to seated position.



## Stronger Knees: Routine 3 (most challenging)

START LYING DOWN

Side Lying Work (right) Toes along leg and extend to left heel—6x/Circles—10x each direction/Bicycles—6x each direction

Roll over to left side and repeat above Side Lying Work

Get on knees and bring least dominant leg forward into Lunge

Full range Lunges—6x

Back on knees and bring other leg forward

Full range Lunges—6x (other leg)

Sliding Lunges—6x each leg (use plate)

Speed Skate with hop—10x (catch breath)

Single Leg Raises (right)—6x / Single Leg Squats—6x

Single Leg Raises (left)—6x / Single Leg Squats—6x

Speed Skate with hop & arms—10x (catch breath)

Plié Squats 1 hold-2 hold-3 hold then 10 Plié Squats

Wall Sit (1 minute+) Stand up and shake it out