

Knee Strength

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.



Follow the program below doing Day One, followed by Day Two, then a rest day. Rest 1-2 minutes between sets. Use weights to build strength, aiming for high weight and less repetition.

You could do anywhere from 2-4 sessions per week. Each exercise is for 3 sets. You will aim for a repetition range of 4-8 repetitions. Once you achieve 3 sets of 8 repetitions, increase the weight slightly and do 3 sets of 4, building up slowly.

Day One

[Goblet Squats](#)

[Slant board squats](#) - Add Weight

[Side Step Down](#)

Day Two

[SL RDL](#)

[Long Lever Squat](#) (Aim to get lower as well as heavier)

[Bodyweight Squats Progressions](#) (Vary your choice each session)

[Peterson Step Up – Add Weight and Increase Height](#)