

Phase 3

GOOD FOR:

- Increasing knee and leg strength
- Preventing knee pain and injury

GUIDELINES:

- Perform 3 or 4 days a week for 8–12 weeks, or until you have regained stability
- Do 3 sets of 10–15 reps unless otherwise noted
- Push sets to fatigue
- Tools: resistance loop, bench, dumbbell, plyo box

standing banded hydrant

Position a resistance loop just above your knees. Bend your knees slightly and hinge forward from your hips, keeping your shins vertical. In one motion, lift your leg out to the side (abduction) and back (extension) while rotating your foot outward (external rotation). Focus on keeping your grounded knee straight or outside your foot; don't let it cave inward.



bulgarian split squat

Stand about 2 feet in front of a bench. Reach back with one leg and place the ball of your foot on the bench. Keeping the majority of your weight over your front leg, lower your body slowly (sinking your hips down and back at an angle) until your front thigh is roughly parallel to the floor. Keep your back leg mostly relaxed; don't push off the bench.



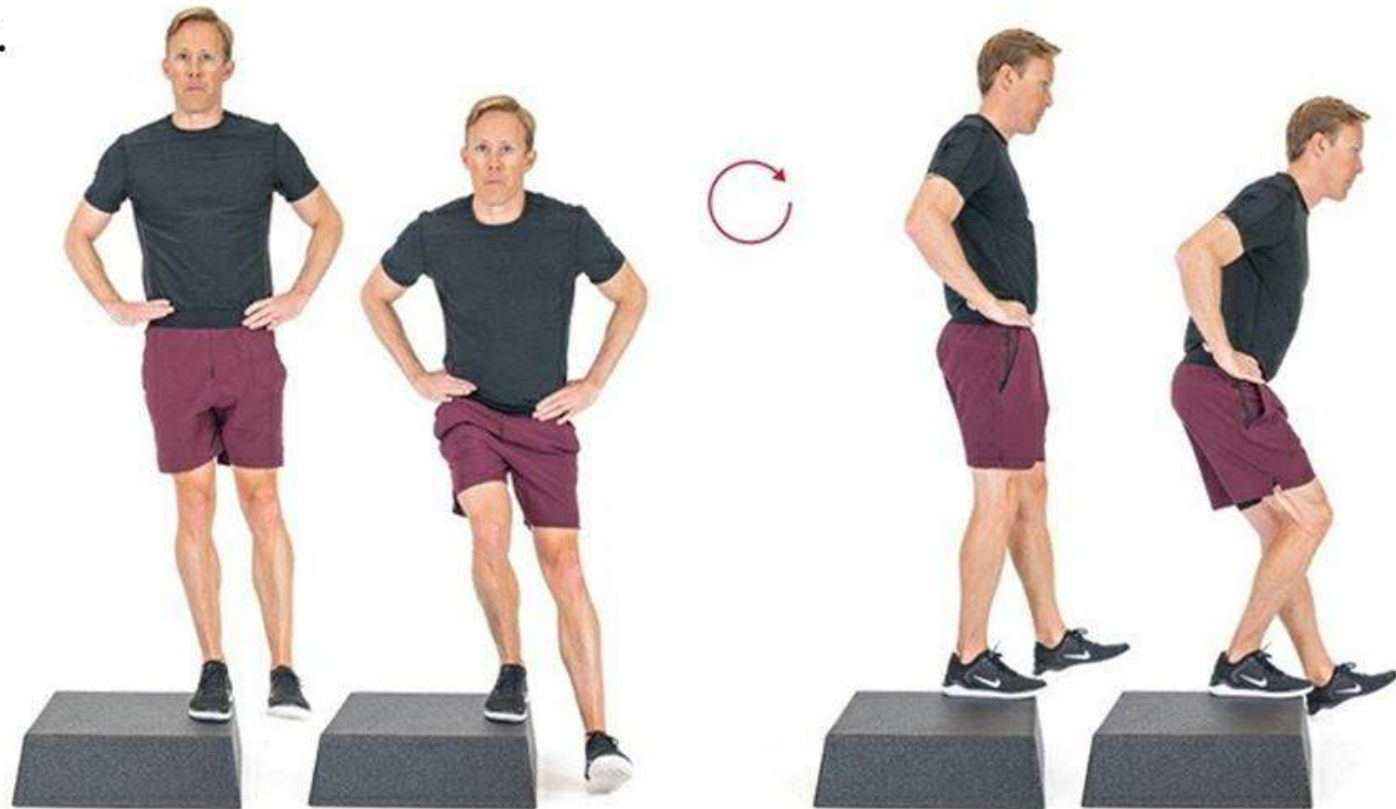
single-leg deadlift

Cup one end of a dumbbell with both hands and shift the majority of your weight onto one leg. In one motion, hinge from your hips and bend your loaded knee slightly. As you lower your torso and the weight toward the floor, keep your back flat, grounded shin vertical, arms relaxed, and shoulders and hips square (try not to twist or rotate). Do 3 sets of 5–10 reps on each leg.



lateral step-down

Stand next to a plyo box or small step. Perform a lateral step-up by placing your entire foot on the edge of the box and standing tall. Move your free leg forward slightly. Keeping your free leg straight, reach your heel toward the floor by slowly sitting back and bending your grounded knee. As soon as your heel contacts the floor, straighten your knee, extend your hips, and return to the start position. Keep your knee aligned over your foot; don't let it move in or out.



clock

Stand with your feet positioned underneath your hips. Shift your weight onto one leg. Sink your hips back and bend your grounded knee, then reach out to the positions of an imaginary clock with the other leg. Start at 12 o'clock and work through each hour position (returning to the start position after every step) until you reach 6 o'clock. Each leg will work through one half of the clock, which counts as one rep.



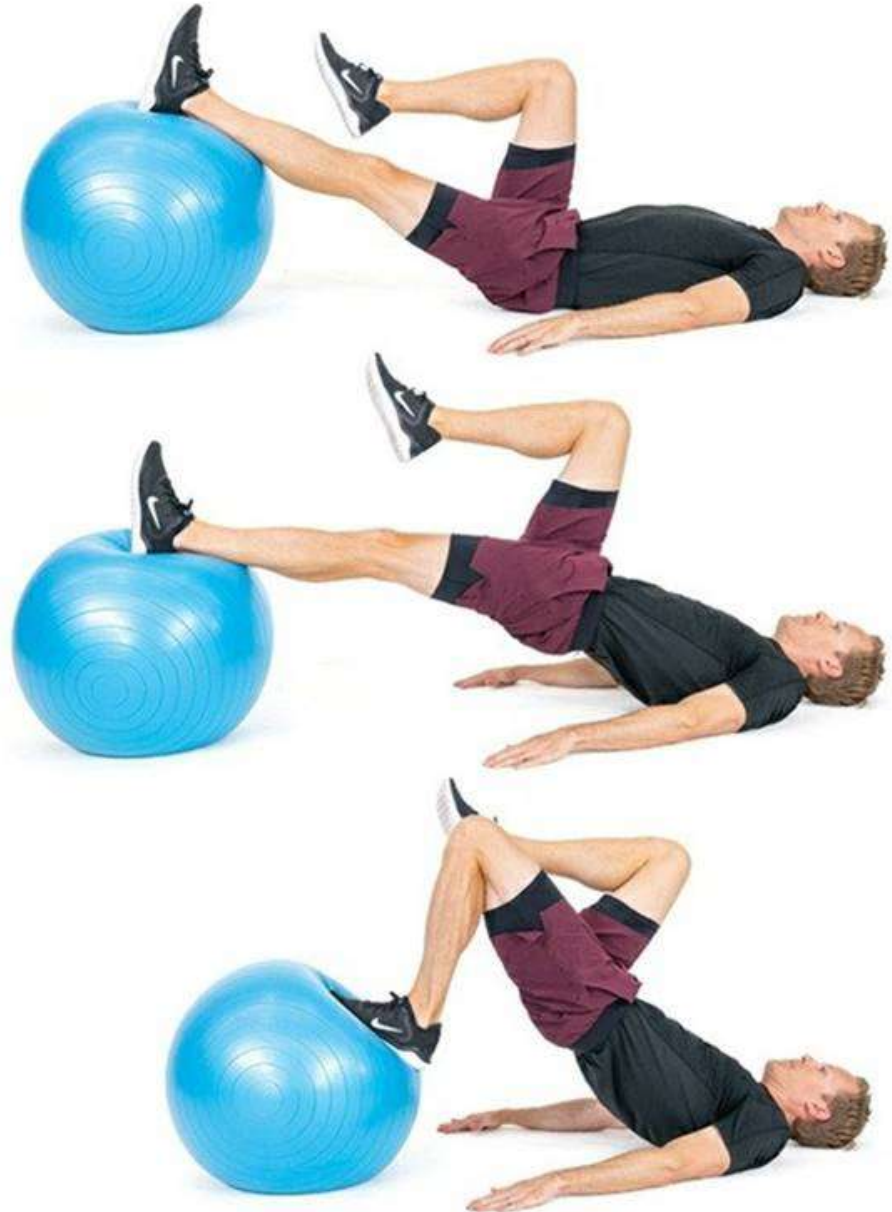
skater squat

Stand on one leg with your unweighted knee bent and foot positioned behind your body. Keeping your torso and hips square, hinge forward from your hips, tilt your torso forward, and lower your unweighted knee toward the floor. Lower your knee to a pad to gauge distance. You can hold a light weight plate or dumbbells out in front of you to counterbalance your weight.



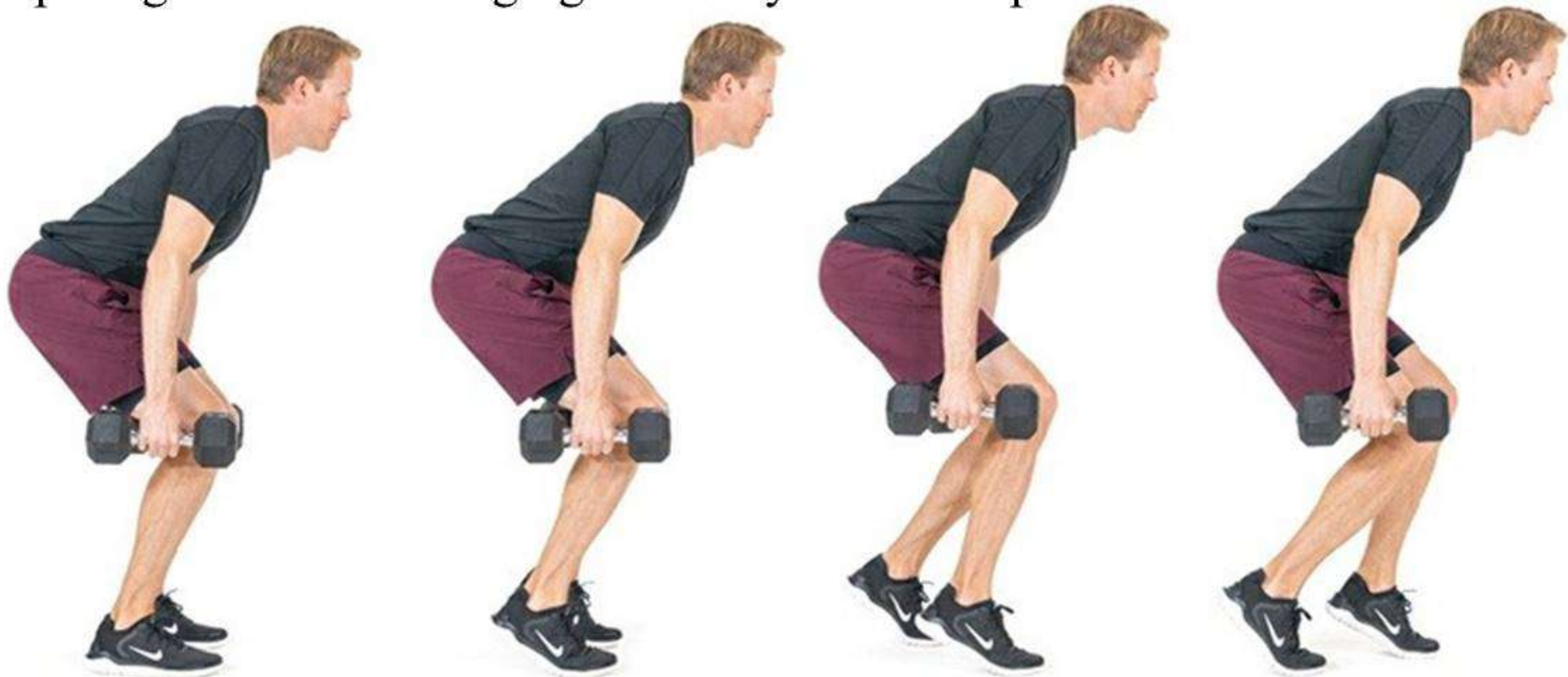
single-leg hamstring curl

Lie on your back and center one foot on a physio (exercise) ball (keeping your other leg off the ball and bent). Spread your arms slightly and keep them flush with the floor. Drive your heel into the ball and extend your hips. As you reach full hip extension, slowly curl your heel toward your butt.



tiptoe walk

You can perform this exercise with or without dumbbells. Try the bodyweight variation first, then add dumbbells if it's too easy. Start by getting into a half squat: hinge from your hips, tilt your torso forward, and bend your knees. Get onto the balls of your feet and take small steps. Keep your knees over your toes and your heels off the floor. Choose a distance or rep range that is challenging—usually 15–20 steps.



bilateral jump to unilateral landing

Stand with your feet just inside shoulder width. Lower into a half squat and pull your elbows back. In one motion, extend your hips and knees, swing your arms forward, and jump vertically. While in the air, pull one leg back and prepare to land on one leg. Cushion your landing by bending your knee and hinging forward. Try to land with your knee aligned over your toes; don't let your knee or ankle collapse inward. Spread your arms to maintain balance. Do 3 sets of 6–12 reps (jumps).

Only do this exercise if your knee stability is very high and you need to be able to perform jumping movements in daily life.

bilateral jump to unilateral landing

