
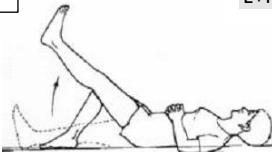





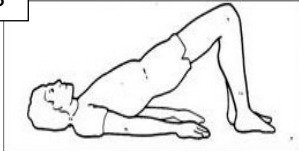
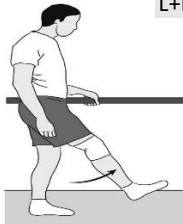






KNEE EXERCISES

Note: L+R= left and right side

1		2	L+R 	3		4	L+R 		
Hold 10s		Hold 10s		Tighten for 10s, rest 5s		Tuck in 15 times			
5	L+R 	6	L+R 	7	L+R 	8			
10-20 reps, 3 sets		Curl toes 5 times		Hold 10s, rest 5s		Hold 10s, rest 10s			
9	L+R 	10	L+R 	11	L+R 	12	L+R 	13	L+R 
Hold 10s, rest 5s		Hold 10s, rest 5s		Hold 20s, 3 sets		Hold 20s, 3 sets		Hold 20s, 3 sets	