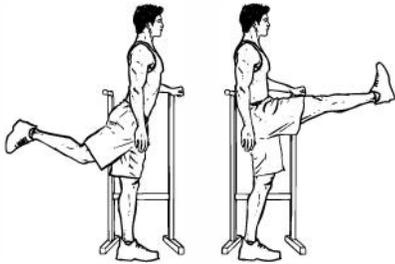


Low impact - Knee Friendly

31 min · Abs, Arms, Back, Legs

This workout will really help to get those glutes and quads firing to help with knee pain. As always only work to your own ability.

Forward Leg Hip Swings

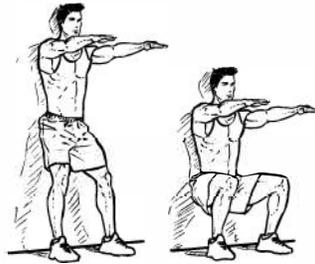


1:00
rest

2 sets 30 secs

One set on each leg

Wall Sits

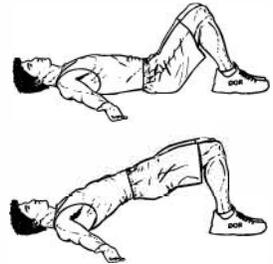


1:00
rest

2 sets 12 reps 60 sec rest

Push into wall to take pressure off knees, try to pull toes off ground so your are pushing through your heels.

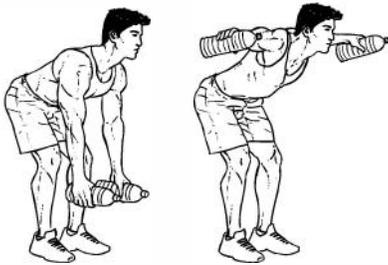
Hip Raises



1:00
rest

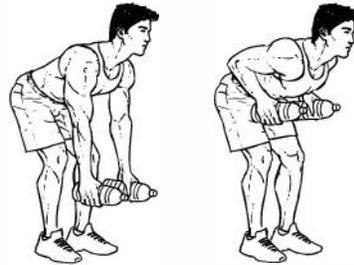
2 sets 12 reps 60 lbs

Bent Over Water Bottle Flyes



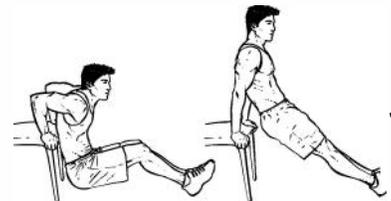
2 sets 12 reps 60 lbs

Bent Over Two-Armed Water Bottle Rows



2 sets 12 reps 60 sec rest

Bench Tricep Dips



1:00
rest

2 sets 12 reps 60 sec rest

Bird Dogs

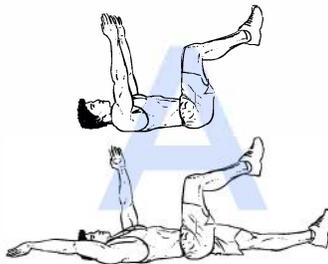


1:00
rest

2 sets 12 reps 30 sec rest

Superset A1

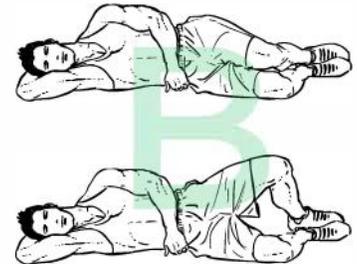
Dead Bug



3 sets 10 reps 30 sec rest

Superset A2 · 10 on each leg, great for abs, glutes and back

Clamshells



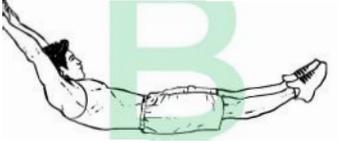
1:00
rest

2 sets 10 reps 30 sec rest

Superset B1

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Follow Booby Block Hold



2 sets 30 secs 30 sec rest
uperset 12

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Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

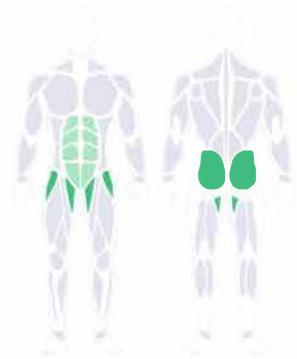
Abs

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Wall Sit / Squats / Chair

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

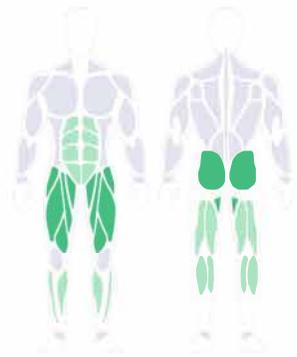
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



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Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

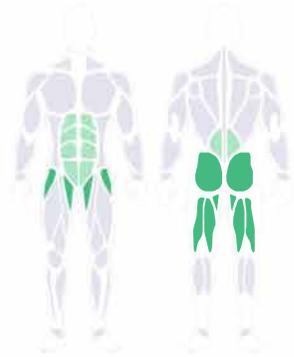
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Bent Over Water Bottle Flyes

Primary muscle group(s):

Upper Back & Lower Traps

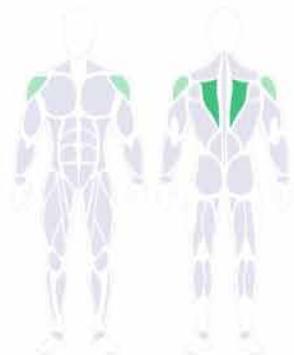
Secondary:

Shoulders

Begin by holding a pair of water bottles and standing with a braced core. Bend at the knees slightly and lean forward from the hips. Maintain a flat back throughout.

Keeping your elbows slightly bent throughout the movement, lift the water bottles up and out to the side. Be sure to focus the contraction in the back of the shoulders.

Pause at the top of the movement then slowly bring the water bottles to the starting position.



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Bent Over Two-Armed Water Bottle Rows

Primary muscle group(s):

Middle Back / Lats, Upper Back & Lower Traps

Secondary:

Biceps

Stand tall with a tight core and flat back. Hold a pair of water bottles at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the water bottles up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the water bottles to the starting point.



Chair / Bench Tricep Dips

Primary muscle group(s):

Triceps

Secondary:

Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.



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Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

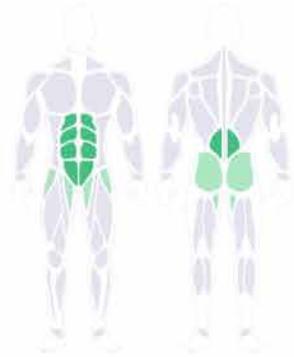
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Dead Bug

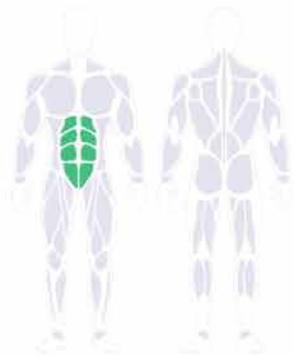
Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



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Clamshells / Clams

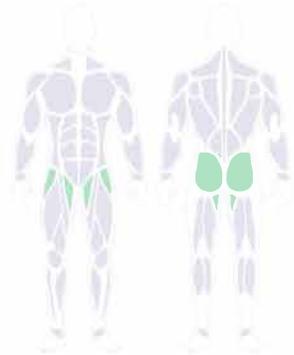
Secondary:

Glutes & Hip Flexors

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the right knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your right knee down to the starting position.



Hollow Body Rock Hold

Primary muscle group(s):

Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.



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