

Notes :

Knee strengthening exercises you can do easily at home. These set of exercises are great to strengthen the knee and gain strong leg muscles supporting the knee joint. These exercises are great as part of injury prevention. I recommend doing each exercise for 3 sets (10 reps per leg for single leg exercises)

1 Wall squat with ball squeeze

Stand with your body leaning against the wall. Move your feet forward to get your legs at a 45 degree angle from the wall. Place a ball or a rolled towel between your knees. While you squeeze the ball, slowly bend your knees to 90 degrees without allowing your knees to go further than your ankles. Slowly return to the standing position and repeat. Maintain a proper low back posture (slightly arched) and your stability of the knees at all time.

Sets: 2-3 Reps: 10

2 Forward partial lunge

Stand and step forward keeping your trunk vertical. Bend the front leg, keeping your knee cap in line with the 2nd toe and pelvis level, don't bend at waist. Push back up to the starting position.

Sets: 3 Reps: 10

3 Side lunge with punches

Start in a standing position and step out to the side then drop into a side lunge position by bending your knee and keeping it over the support foot. Keep the back in a neutral position and push the hips back to lower your body. As you lunge, punch with your same-side arm. Repeat on the other side and alternate quickly.

Sets: 3 Reps: 10

4 Reverse lunge with rotation

Take a big step backwards. Lower your back knee to create a 90 degree angle at both knees. Rotate the trunk toward the front leg while keeping your balance then come back to the center. Push with your front leg to take a step back and return to a standing position.

Sets: 3 Reps: 10

5 Squat with arms forward



Stand with both feet hip width apart and facing forward. Slowly lower your body into a squat position (knees 90°) while keeping your back straight and your knee caps aligned with your second toes. Lean slightly forward just like you were sitting in a chair, keeping your heels on the ground. Push through your heels and activate your glutes to come back to standing. Repeat.

Sets: 3 Reps: 10

6 Single leg squat



Begin by standing upright on one leg. Push your hips backward like if you're going to sit down and bend your knee into a single leg squat position. Slowly return to the starting position. Keep your knee aligned with the center of your foot.

Sets: 3 Reps: 10

7 Step up to high knee



Stand in front of a set of stairs. Place one foot on the bottom step. Step onto that leg and bring the opposite foot up to high knee (without touching the step) then back on the floor. Switch the feet and repeat once the repetitions are done.

Sets: 3 Reps: 10

8 1 leg romanian deadlift



Stand on one leg. Keep the opposite leg bent to about 90°, chest out and shoulders back. Hinge at the hips, keeping your spine neutral. Drop down as far as possible until you feel a tension in your hamstrings of the support leg. Return to the standing position using your glutes and hamstrings to lift you up.

Sets: 3 Reps: 10

9 Glute bridge



Lie on your back with your knees bent. Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs. Slowly return to the initial position and repeat.

Sets: 3 Hold: 20

10 Single leg glute bridge



Start in crook lying.

Lift on leg off the floor and go up into a shoulder bridge, peeling one vertebrae at a time.

Keeping the leg out straight and the thigh in line with the other thigh, lower yourself on the ground and lift yourself back up, peeling one vertebrae at a time.

Sets: 3 Reps: 10