

Knee Stability Primer

Complete 1 round of this circuit to prepare the musculature of the knee for safe movement patterns.

Band Lateral Walk

- 10 steps one direction, then switch
- Slight bend in knees and hips
- Do not allow slack in band



Band Duck Walk

- 10 steps each leg, alternating
- Sink low into squat
- Alternating big steps forward



Elevated Hip Extension (2-sec pause)

- 10 reps
- Squeeze glutes, lift hips as high as possible
- Pause for 2 full sec at top



SB Single-Leg Elevated Hip Extension (2-sec pause)

- 10 reps each leg
- Squeeze glutes, lift hips as high as possible
- Pause for 2 full sec at top



SB Single-Leg Curl (5 sec out)

- 10 reps each leg
- Bring heel to glutes as hips lift high
- Take 5 full sec to straighten leg



BW Single-Leg Eccentric RDL (5 sec down)

- 10 reps each leg
- Slight bend in knee, back flat
- Take 5 full sec to lower torso to parallel



Ice Skaters (3-sec pause on landing)

- 3-5 reps each direction
- Jump as far laterally as possible
- Hold each landing for 3 full sec



BW Depth Drop (3-sec pause on landing)

- 3-5 reps
- Step one foot off, drop straight down
- Hold each landing for 3 full sec

