

Knee Stability Primer (Bodyweight)

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

Quadruped Bent-Leg Side Raises

- 10 reps each leg
- Keep back flat, core locked
- Squeeze glute to raise knee to side



Reach-Back (Lunge Position)

- 8 reps to one side, then switch
- Twist in direction of back leg
- Reach for thigh, calf, or ankle



BW Prisoner Squat (5-sec pause)

- 6 reps
- Keep torso upright
- Pause for 5 full seconds at bottom



BW Single-Leg Eccentric RDL (5 sec down)

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



BW Single-Leg Box Squat (5 sec down)

- 6 reps each leg
- Take 5 full seconds to lower down to box
- Drive through heel to stand up



BW Squat Jump (3-sec pause)

- 6 reps
- Sink into squat then jump as high as possible
- Hold each landing for 5 full sec



BW Split Jump (3-sec pause on landing)

- 3-5 reps each direction
- Swing arms up and jump as high as possible
- Hold each landing for 3 full sec



Ice Skaters (3-sec pause on landing)

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

