

Total 5



Recumbent Exercise Bike

Recumbent Exercise Bike
Time:
RPM:
HR:

Hold 10 Minutes
Perform 2 Time(s) a Day



QUAD SET - TOWEL UNDER KNEE

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



LONG ARC QUAD - LAQ - HIGH SEAT

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat.
Keep knees in-line with one another.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day