


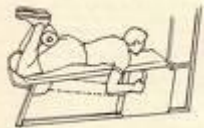
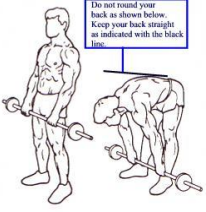
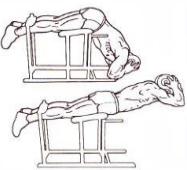



Knee and Hip Gym Exercises

| Quadriceps | | |
|--------------------|--|---|
| Squat | <ol style="list-style-type: none"> 1. Lift the bar and place it behind your neck, making sure it is not resting on your spine. 2. Stand with your feet hip distance apart and slightly toed outward. 3. Keeping your back flat (look slightly upward), begin to squat. Make sure that your knees do not go in front of your toes. Hold for 2 seconds in a deep squat, then slowly return to standing. |  |
| Leg Extension | <ol style="list-style-type: none"> 1. Line your knees up with the center of the lever. 2. Slowly lift leg(s) upward. At peak of extension hold contraction for 2 seconds. You can do this exercise with one leg or both. 3. Control the weights as you slowly bend your knees back to the starting position. |  |
| Leg Press | <ol style="list-style-type: none"> 1. Begin by setting the foot piece so your knees are at a 90° angle. 2. Slowly extend legs to a straight position, make sure you do not lock your knees. Also, be careful not to let your knees come inward towards each other. 3. To complete the exercise, slowly bend your knees to return to the starting position. |  |
| Seated Calf raises | <ol style="list-style-type: none"> 4. In between sets you can complete a set of single leg calf raises with reduced weight. Start with your heels depressed below the level of the platform and push upwards so you are on your toes. | |
| Hamstrings | | |
| Leg Curls | <ol style="list-style-type: none"> 1. You can choose from the prone or sitting curl machines both are good choices for working your hamstrings. 2. With either machine make sure that you control the flexion and extension of the movement. |  |
| Straight Deadlift | <ol style="list-style-type: none"> 1. Grab a barbell and hold it on your front thighs. 2. Put your feet about shoulder width apart. Knees can be either straight or slightly bent depending on your flexibility. 3. While keeping your back straight, lower the weight to about knee height <u>while keeping back straight</u>. 4. Slowly raise back up to the erect position. Make the transition from lowering to raise nice and smooth. Do NOT do this exercise fast, or if you have <u>low back problems</u>. |  <p>Do not round your back as shown below. Keep your back straight as indicated with the black line.</p> |
| Roman Chair | <ol style="list-style-type: none"> 1. Slip into the bench with the back pad resting on the calves, and our belly hanging off the front pad. 2. Round your back until you reach about a 90°. 3. Come back up until your upper body is just above parallel with the floor. |  |
| Hip | | |
| Lever Adductor | <ol style="list-style-type: none"> 1. Stand facing the crank of the machine so that the post is in between your legs. 2. Set the lever so it is 45-90° elevated towards the leg you will be working. 3. Place the leg over the lever and move towards midline. 4. Control both the inward and outward movements. |  |
| Lever Abductor | <ol style="list-style-type: none"> 1. Stand facing the crank of the machine so that the post is on the outside of the leg to be strengthened. 2. Set the lever so it is 45° elevated away the leg you will be working. 3. Place the leg over the lever and move towards midline. 4. Control both the inward and outward movements. | |