



WORKOUTS

KNEE PAIN WORKOUT - MOBILITY + STABILITY EXERCISES

Mobility:

- Roll Out Calves
- Roll Out Quads
- Roll Out Glutes
- Frog Assisted Stretch 45 sec
- Hip Flexor Assisted Stretch 45 sec
- Pidgeon Stretch 45 sec

STABILITY

- Squat Mobility + Raising Arms 5 each arm leading
- Low Squat Hold 30 sec
- Banded Squat Hold 20 sec + Abduction 20 reps
- Platform Step Offs w/ Absorbed Landing 5 each leg leading
- Approach Jumps w/ Absorbed Landing 10 reps