### Supine Active Straight Leg Raise

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin by lying on your back with one knee bent and your other leg laying flat.

**Movement**
- Slowly lift your straight leg until it is parallel with the other thigh then lower it back to the starting position.

**Tip**
- Do not let your back arch during the exercise.

### Supine Knee Extension Strengthening

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin lying on your back with one knee bent and the other resting on a ball.

**Movement**
- Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

**Tip**
- Make sure not to arch your back during the exercise.

### Prone Knee Extension with Ankle Weight

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin lying on your front with a weight secured around one ankle, hanging off the edge of a table.

**Movement**
- Let your lower leg hang toward the floor, straightening your knee.

**Tip**
- Make sure not to arch your back during the exercise.

### Seated Knee Flexion Slide

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin sitting upright in a chair with one leg bent and your other leg straight.

**Movement**
- Slowly slide one heel backward as far as you can. Then return to the starting position and repeat.

**Tip**
- Make sure to keep your back straight during the exercise. Only bend your knee as far as you can without causing pain.
### Standing Terminal Knee Extension with Resistance

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin in a standing upright position with one knee slightly bent and a resistance band secured just above it. You should be facing the anchor point.

**Movement**
- Gently straighten your knee, pulling against the resistance band.

**Tip**
- Make sure to keep your heel on the ground, your hips level, and do not overextend your knee.

#### Step 1
![Standing Terminal Knee Extension with Resistance Setup](image)

#### Step 2
![Standing Terminal Knee Extension with Resistance Movement](image)

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### Wall Squat

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

**Movement**
- Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

**Tip**
- Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

#### Step 1
![Wall Squat Setup](image)

#### Step 2
![Wall Squat Movement](image)

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### Forward Step Up

**Reps:** 10  |  **Sets:** 3  |  **Hold (sec):** 5  |  **Weekly:** 5x  |  **Daily:** 3x

**Setup**
- Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

**Movement**
- Step forward onto the step with one foot, then step up with your other foot. Step back down to the ground in the reverse order.

**Tip**
- Try to make sure to start the movement by bending your knee first then lifting your foot up to the step. Maintain your balance during the exercise.

#### Step 1
![Forward Step Up Setup](image)

#### Step 2
![Forward Step Up Movement](image)