

EMSA Knee Fitness Training



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WARM UP:

- jog line to line x3
- side shuffle x3
- cross overs x3
- backwards to line jog back x3
- bum kicks to line, high kicks back x2
- hip openers, close hips x2

DYNAMIC STRETCHING:

- side to side lunge, touching opposite toes x10/side
- bodyweight squats x10
- stationary lunges x10/leg (down and forwards)
- hip rotations x10 both directions
- 2-legged calf raises x20
- 1-legged hip hinge x10/leg
- forward leg swings x10/side (with a partner)
- cross body leg swings x10/side (with a partner)
- upper back rotations x5/side

STRENGTH & STABILITY EXERCISES:

- squat (3 sets 10)
 - feet shoulder width apart
 - drop hips back instead of just bending the knees
 - keep weight in the heels
 - squeeze glutes at top of the squat
- jump squat (3 sets 10)
 - feet shoulder width apart, jump up and land softly (knees bent)
 - weight in heels
 - land in seated position pushing hips backwards
- 1-legged touchdowns
 - balance on one foot (weight in heels)
 - slowly bend knee, pushing hips backwards, keep back flat (not upright)
 - reach hand towards ankle (or knee)
- hip thrust (3 sets 10)
 - laying on back with bent knees, heels directly under knees
 - drive hips up, pushing through heels
 - squeeze glutes at top of motion

STRENGTH & STABILITY EXERCISES CORE (CONTINUED):

- plank (forearms or straight arms)
 - ensure back is flat, tailbone is tucked under, core/glute muscles are tight
 - push heels towards the ground behind you
- side plank
 - can be on forearm or palm of hand
 - can have two straight legs, two bent knees, or a bent knee and straight leg lifted
 - straight plane from toes (or knees) through hips and shoulders
 - push hips forwards, tighten core/glute muscles
- inchworms (x10)
 - start standing with core muscles tight
 - hinge at hips, knees softened, reach towards floor (bend knees when necessary)
 - walk hands out until in push-up position, pause, walk hands back slowly keeping legs as straight as possible
 - slowly stand up

PLYOMETRICS:

- walking lunges
- forward/backward hops
- lateral hops (1 legged)
- lateral bound:
 - jumping side to side foot to foot
 - balancing before jumping again
 - weight in heels
- 2 legged lateral hops
- skip ups

CONDITIONING:

- sprint, decelerate into lunge
- diagonal runs to lunge
- sprint, side shuffle, backwards

STRETCHING (STATIC):

- standing calf stretch
- standing quad stretch
- seated hamstring
- butterfly (groin)
- kneeling lunge (hip flexor)
- seated hip stretch
- spinal twist
- knee to chest