

Knee Strength

Instructions

1. Sit tall in your chair/ couch
 2. Straighten your leg fully and point toes to the ceiling
 3. Hold for 5 seconds
 4. Lower leg slowly
 5. Repeat on the other side
- Do this 5-10 times**

PROGRESSION

1. Increase the amount of times
2. Sit forward in chair so your back is not supported, but keep sitting tall

