

# BAD KNEES

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

**CARDIO**

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** step jacks



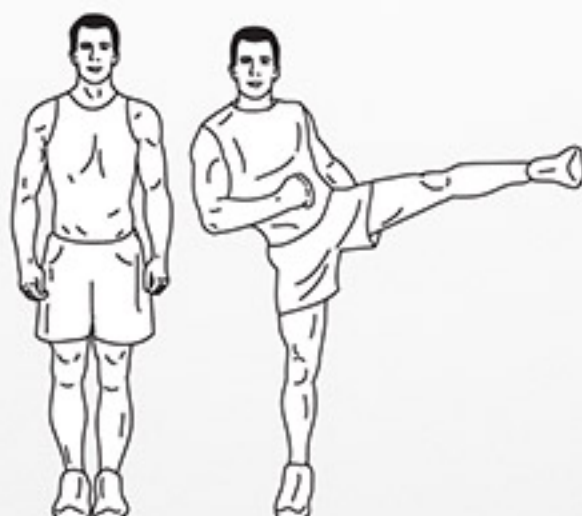
**10** side jacks



**20** step jacks



**20** march steps



**10** side leg raises

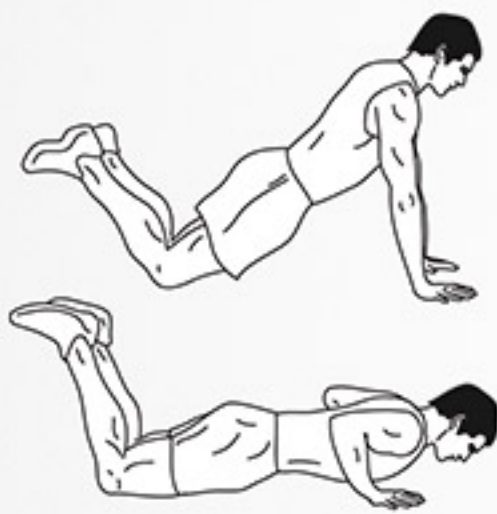


**20** march steps

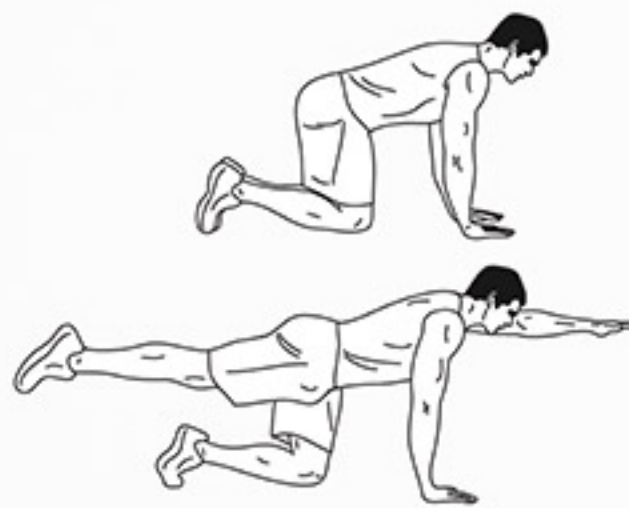
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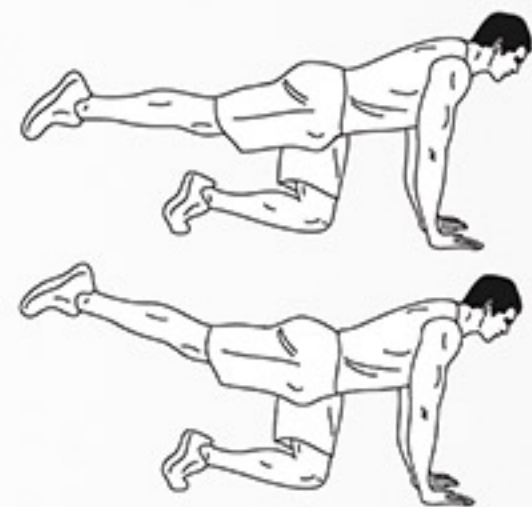
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



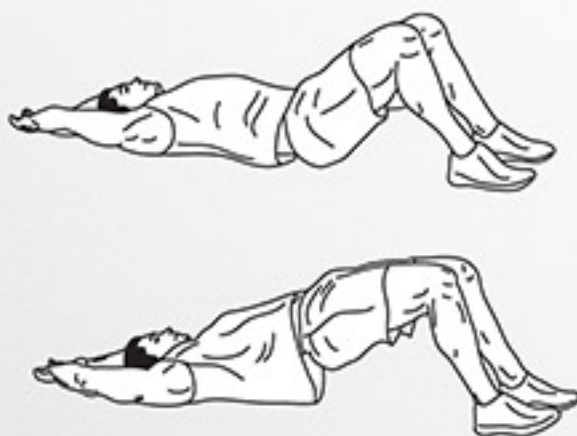
**12** knee push-ups



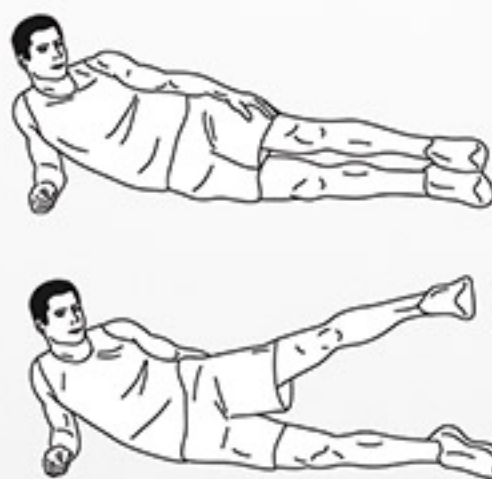
**12** alt arm/leg raises



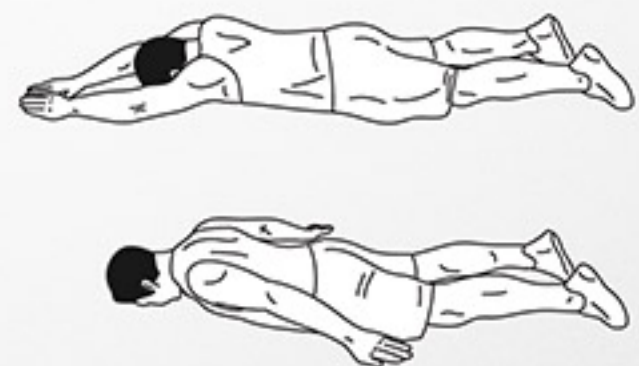
**40** raised leg swings



**12** bridges



**40** side leg raises



**12** reverse angels

# KNEE SAVER

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STRENGTH  
& RECOVERY  
WORKOUT  
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## PART I



**20sec** hamstring stretch  
10 seconds per leg



**20sec** quad stretch  
10 seconds per leg



**20sec** calf raises

## PART II



**30sec** leg raises



**30sec** side leg raises

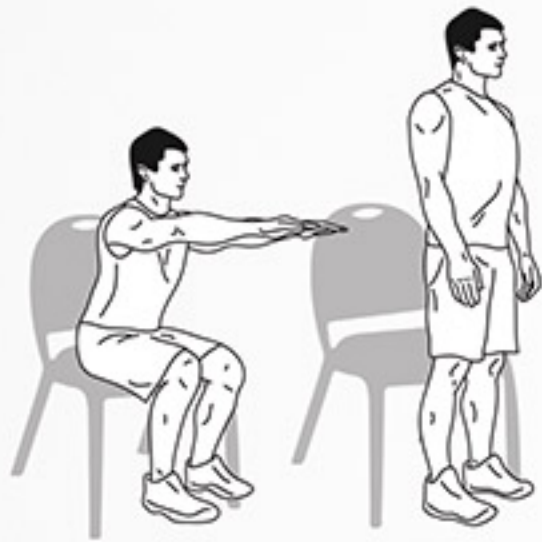


**30sec** slow turning kicks

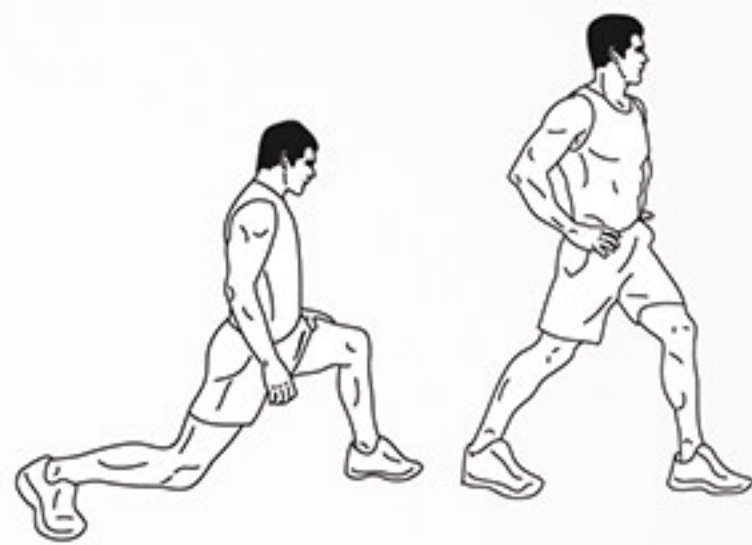
change sides and repeat again

# knee strength

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**5** sit-to-stand  
**3 sets** in total  
30sec rest between sets



**10** split lunges  
**3 sets** in total  
30sec rest between sets



**20** knee extensions  
**3 sets** in total  
30sec rest between sets



**20** slow kicks  
**3 sets** in total  
30sec rest between sets



**20** leg raises  
**3 sets** in total  
30sec rest between sets

# KNEE TUNER

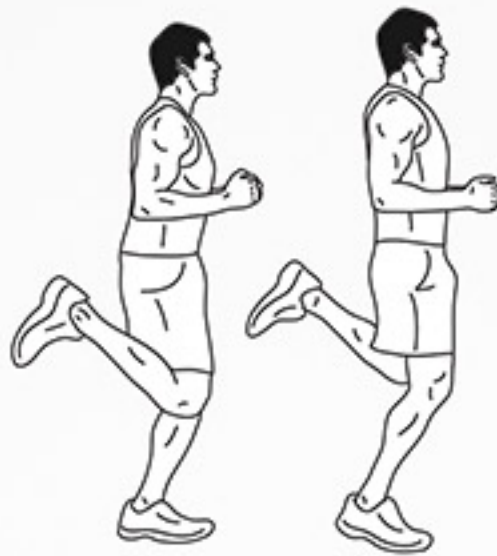
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**3 sets**

up to 2 minutes rest  
between sets



**20** squats



**20** butt kicks



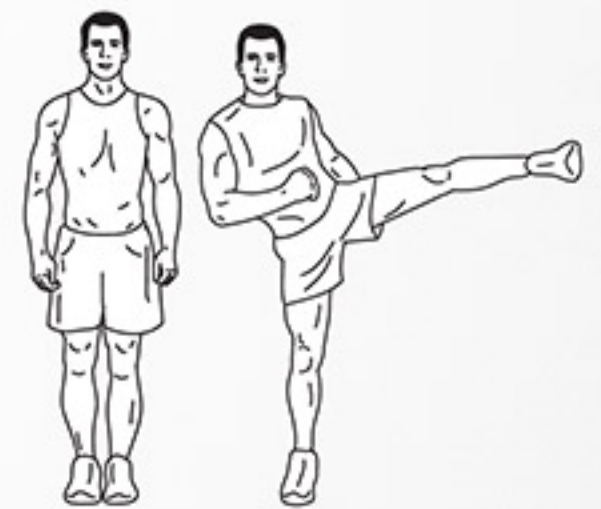
**20** calf raises



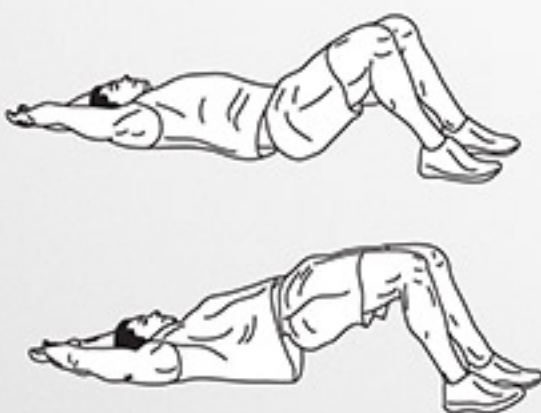
**20sec** squat hold



**20** low turning kicks



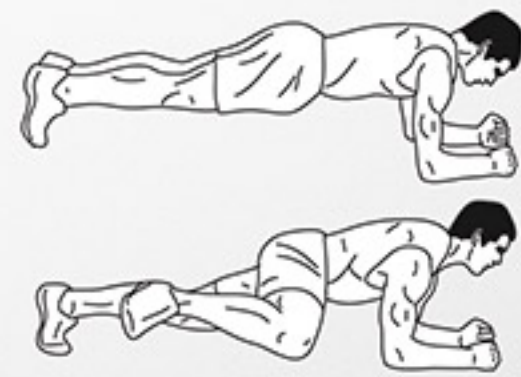
**20** side leg raises



**10** bridges



**10** butt-ups



**10** plank side crunches

# KNEE

IN COLLABORATION  
WITH

**NHS** choices

REHAB WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**10** wall half squats



**10** wide single leg squats



**30sec** cross leg side tilts



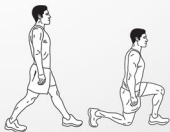
**10** leg raises



**20** raised leg swings



**30sec** hamstring stretch



**10** split squats