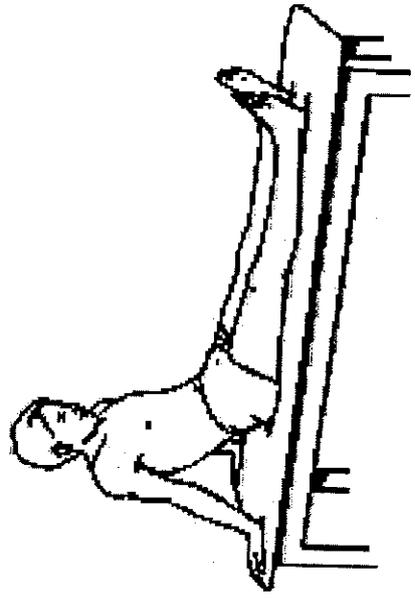


HIP / KNEE - 64
Antibolli Isometric



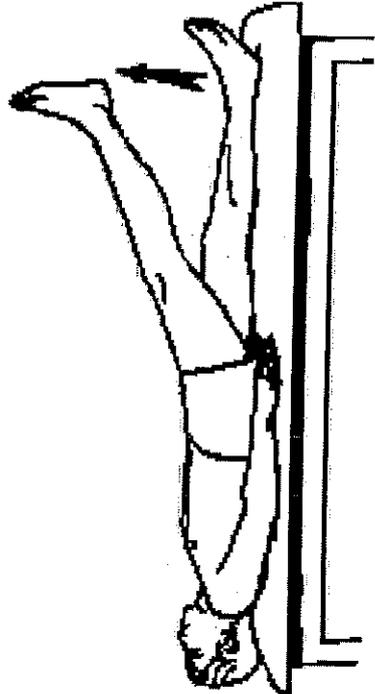
Extending toes toward knee, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold 6 seconds.
Repeat 20 times per set. Do 2 sets per session.
Do 3 sessions per day.

HIP / KNEE - 11
Strengthening: Quadriceps Sets



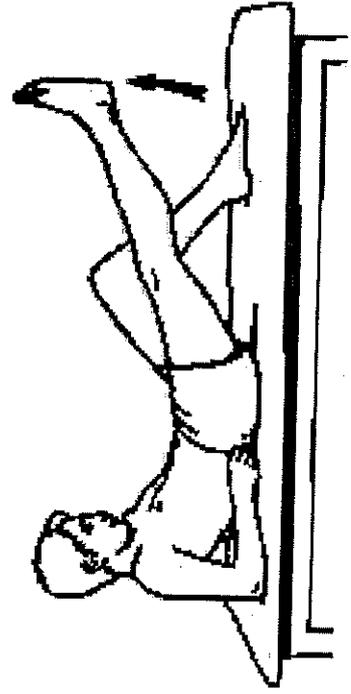
Tighten muscles on top of thigh by pushing knees down into surface. Hold 6 seconds.
Repeat 20 times. Do 2 sessions per day.

HIP / KNEE - 17
Strengthening: Straight Leg Raise, Phase I



Tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 6 seconds.
Repeat 20 times. Do 2 sessions per day.

HIP / KNEE - 18
Strengthening: Straight Leg Raise, Phase II



Resting on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 6 seconds.
Repeat 20 times. Do 2 sessions per day.