

Knee Strengthening-Lower Body Routine
 For use with the Total E Fit Gym or The Mini E Fit Gym
 Do 1-3 sets of 8-10 repetitions every other day.
 Keep range of motion low, slow and controlled.



Laying Inner Thigh- Lie on your back leaning towards the working leg. Keep knee bent on non-working leg and place your foot on the floor or at the base of your E Fit. Prop yourself up on your elbow as shown or lay down. Lift the foot of your working leg (which is straight) and raise it toward the ceiling (no higher than your knee), then slowly lower to the floor. Repeat.

Laying outer hip- Lie on your side and prop yourself up on your elbow, or relax your torso and head on your arm. Slightly bend your base leg with your working leg on top. Extend your working leg out keeping a slight bend at the knee. Point your toes toward the floor or straight in front of you and lift your working leg to a comfortable level while squeezing your outer thigh and buns. Slowly release and repeat.



Quadriceps- Lie on your back propping your torso up by leaning on your elbows or lay flat on your back. Bend your non-working leg so that your foot is flat at the end of the mat. Extend your working leg out straight keeping a slight bend at the knee. Slowly lift your working leg up while slightly pressing your non-working leg down (by doing this, you will engage your lower abs). Slowly release.

Laying Glutes- Lie on your stomach and place both legs straight behind you. Lift your working leg slightly while keeping a slight bend in the knee. Slowly release and repeat.



