

KNEE JOINT



1

SQUATS ON THE TRAINING BALL



Starting position: sit on the ball, spread your knees to the width of your hips, place your feet parallel to each other, straighten your back and bend slightly forward, put your hands on your hips.

Movement: lift the buttocks from the ball to a height of 2 cm, then squat on the ball.

ATTENTION! KNEES SHOULD NOT OVERTAKE THE FOOT LINE. MOVE QUICKLY UP, SLOWLY DOWN.

2

SQUATS ON ONE LEG

Version 1



Starting position: stand on one leg, gently bend your knee, hips in line, straighten your back, put your hands on your hips.

Movement: do squats on one leg to the knee flexion 80-90°.

Version 2



Starting position: stand on one leg, gently bend your knee, lean your other leg on the training ball.

Movement: do squats on one leg to the knee flexion 80-90°.

ATTENTION! KEEP THE AXIS OF THE LOWER LIMBS - HIP, KNEE AND ANKLE JOINT - IN ONE LINE.

3

SLIDING ON A SKATEBOARD

Version 1



Starting position: place your left leg on a skateboard, straighten your back, put your hands on your hips.

Movement: lunge forward, keep the knee line in front of the foot line, return to starting position and lunge backwards.

Version 2



Version 3



4

SUMO MARCH

Version 1



Version 2



Starting position: place the gum over the patella, bend the knees to 30-55 °, keep the axis of the lower limbs.

Movement: lunge forward, keep the knee line in front of the foot line, return to starting position and lunge backwards.

ATTENTION! KEEP YOUR BACK STRAIGHT, BENT SLIGHTLY FORWARD

5

SKATEBOARD EXERCISES - BACKWARDS

Version 1



Version 2



Starting position: lie on your back, place your legs on skateboard, straighten your back, put your hands at your sides.

Movement: roll the skateboard back and forth.

Version 3



ATTENTION! HIPS MUST BE RAISED DURING ALL REPETITIONS.

6

EXERCISING FLEXORS ON A SOCCER BALL



Starting position: lie on your back, place one leg on soccer ball and lift the other one, straighten your back, put your hands at your sides.

Movement: lift your hips, slowly move your straight leg up and down.

7

DEVIL SERIES OR 3-IN-1



Starting position: lie on your back, place your legs on a training ball, bend your knees to 90°, straighten your back, put your hands at your sides.

Movement:

- lift and lower your hips several times (e.g. 10 reps) so that your buttocks do not touch the ground,
- after finishing the series (10 reps) hold your hips up for 10 seconds,
- slowly straighten and quickly bend your knees - 10 reps.

ATTENTION! HIPS MUST BE RAISED DURING ALL REPETITIONS

8

EXERCISING ADDUCTORS ON A SKATEBOARD

Version 1



Version 2



Starting position: place your left leg on a skateboard, straighten your back, put your hands on your hips.

Movement: do squat on the right leg with simultaneous abduction of the left leg.

ATTENTION! THE KNEE OF THE RIGHT LEG MAY NOT GO BEYOND THE LINE OF THE FOOT.

9

EXERCISING INTERNAL ROTATORS



Starting position: sit on a chair, bend your knees to 90°, attach the rubber to your foot.

Movement: gently rotate your foot inwards.

10

EXERCISING EXTERNAL ROTATORS

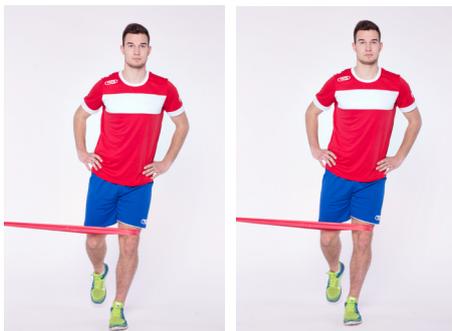


Starting position: sit on a chair, bend your knees to 90°, attach the rubber to your foot.

Movement: gently rotate your foot outwards.

11

EXERCISE “TAILOR”



Starting position: stand on one leg, slightly bend your knee, align your hips and hook the gum over the knee.

Movement: gently rotate your knee outwards.

ATTENTION! THIS SHOULD BE VERY SLIGHT MOVEMENT.



Starting position: one person in a kneeling position, the other grabs him by the ankles.

Movement: a person in a kneeling position very slowly falls onto the mattress face down, slowing down the movement.