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Injured Knee - Limited Bending Workout For Baseball

The following circuit may be used with athletes who have experienced a knee injury, but still have mobility. An example would be an athlete diagnosed with an overuse injury such as tendonitis, and needs to keep the muscle surrounding the knee joint strong.

[RDL Dumbbell](#) -

Paired with

[Manual Leg Adduction](#) -

Paired with

[Glute Swings](#) -

[Band Pull Throughs](#) -

Paired with

[Manual Clamshell](#) -

Paired with

[Manual Leg Abduction](#)

[Hip Flexor Isometric Pull](#) -

(Reps = number of seconds for this exercise)

Paired with

[Anterior Tibialis Band](#) -

Paired with

[Reverse Hyper On Glute Ham](#) -

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

