



Alternative Exercises - Knee

Old Exercise	Muscles Worked	Alternative Exercises
Lunges	Quads & Glutes	<ul style="list-style-type: none"> - Reverse Lunge* - Step Ups* - Elevated Front Foot Lunge* - Side Lunge* - Wall Sits* - Band Leg Press - Hamstring Ball Curl - Deadlifts <p><i>*dependant on limitability</i></p>
Jump Squats	Glutes	<ul style="list-style-type: none"> - Standard Squats - Static Squats - Prisoner Squats - Barbell Squat - Squat Press - One Legged Ball Squat
Running Drills	Heart Rate, Quads, Glutes & Thighs	<p>>Suicide Drills:</p> <ul style="list-style-type: none"> - Jumping Jacks/Burpees/Split Jacks* <p>>High Knees/Butt Kicks/Crab Drills:</p> <ul style="list-style-type: none"> - High Knees/Quad Stretches (walking)* /Side Lunge or Band Press