MYKNEE EXERCISE

Program Three Log Book

How many? Do each exercise 10 times. Repeat 3 times (total 30).
Rest for 2 minutes after each 10.
How often? Do the 5 exercises 3 times each week. For 8 weeks.

Week 1: New Exercises: Do these with no ankle weight.
Exercises from Program One: continue these as you were at the end of Program One.
Week 2 - 8: Follow the steps on the website to tailor each exercise to your strength and ability.

Program Three aim: Each exercise should feel VERY HARD for your FOCUS LEG.

- This should feel like 7-8 out of 10 (if 10 is as hard as it could possibly feel).
- You should feel like you're challenging yourself.
- Increase the challenge of an exercise if it feels easier.

Review the *'How hard am I working?'* table to help you figure out how hard an exercise feels. Does the exercise challenge need to be increased or decreased?

How hard am I working?

Rate by number	How hard is it?	How you feel when you're...
0	Resting	sitting or simply standing
1	Very, very easy	
2	Easy	
3	Moderate	walking or exercising lightly
4	Somewhat hard	
5	Hard	pushing yourself a bit
6	Hard	
7	Very hard	challenging yourself
8	Very hard	
9	Very hard	
10	Maximum	as hard as you possibly can

Example:

Week Date	Exercises	Increased the challenge? How?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 5 5/10/18	*1. Knee extension*	*Yes. 2kg ankle weight*	√		√			√		*3*
	2. Chair stand and sit	*Split leg position*	√		√			√		*3*
	3. Step ups (NEW EXERCISE)	*No*	√		√			√		*3*
	4. Crab walk (NEW EXERCISE)	*Yes. 3kg ankle weight*	√		√			√		*3*
	5. Bridge (NEW EXERCISE)	*Split leg*								
	6. Step calf raises (NEW EXERCISE)	*Yes. One leg*	√		√			√		*3*

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Week Date DD/MM/YY	Exercises	Increased the challenge? How?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									
Week 2 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									
Week 3 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									
Week 4 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									
Week 5 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									
Week 6	1. Knee extension									

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/ /	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									

Week 7 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									

Week 8 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Step ups									
	4. Crab walk									
	5. Bridge									
	6. Step calf raises									