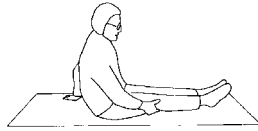
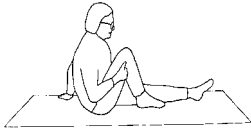


# Knee bend

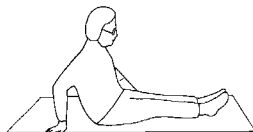
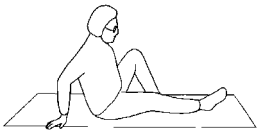
Red

**Note:** Each movement is repeated up to three times with each foot



## Basic Technique

Sit with legs out in front, hands behind to prop up the back. Then put one hand underneath the knee. Bend knee up. Straighten leg to floor.



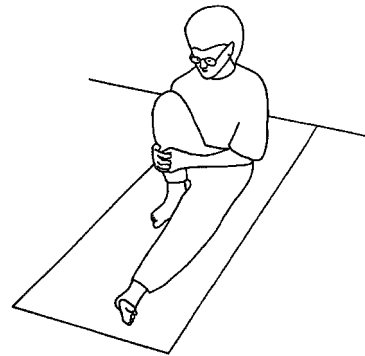
Change leg. Bend knee up. Straighten leg to floor.

## Sitting variations

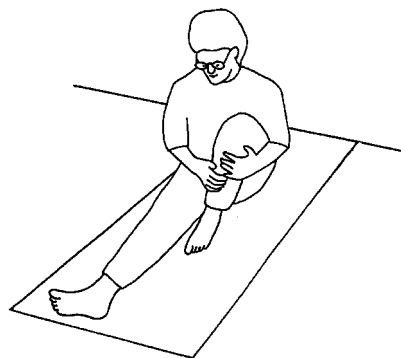
### Knee bend (A)

Sitting with legs out straight, then bending right knee up and placing hands around leg, to pull it as close to the body as is comfortable.

Then release and straighten leg.

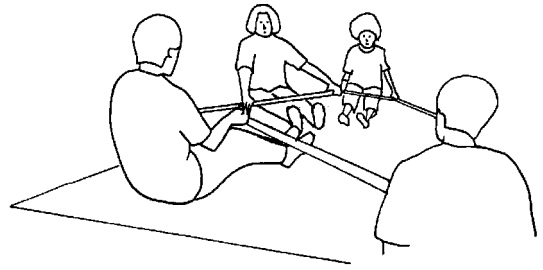


Repeating same with other leg.



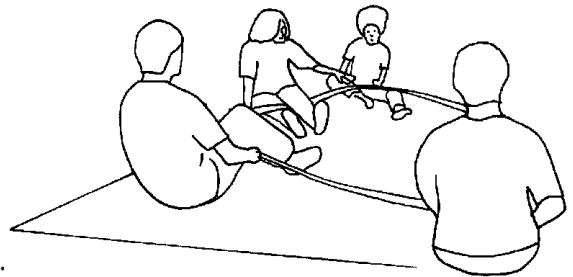
**Knee bend (C)**

Trainer and three students sit in a circle with legs out straight, all holding on a stretch band.



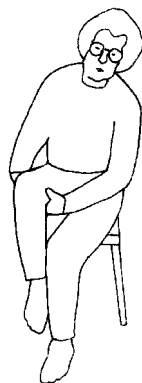
They bend one leg up and bring it over on top of the band.

Here trainer is helping one of the students to perform this exercise.

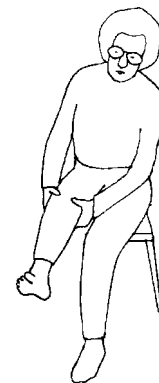


Then the legs are put under the band again.

## Sitting on chair variations

**Knee bend (D)**

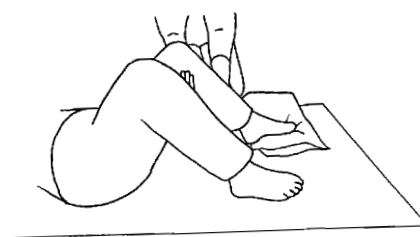
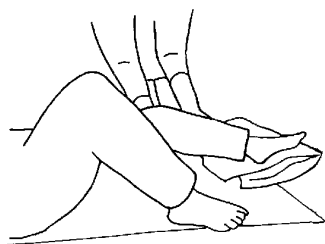
Placing hands under one knee for support, while lifting it.



Straightening leg.  
Then lower foot to floor.

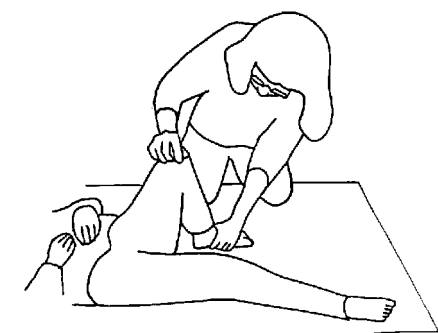
## Lying variations

Red



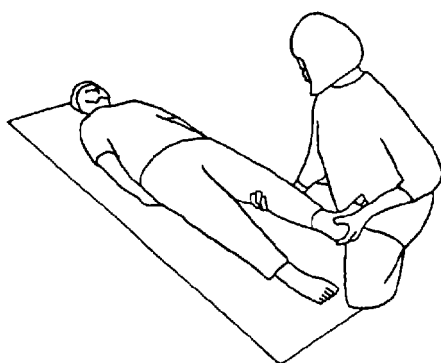
### Knee bend (I)

The student lies with both feet on floor and knees bent. A plastic bag is put under student's left foot, while the trainer's hands help the student's knee to extend and then flex back again by sliding the foot forward and back on the plastic bag.



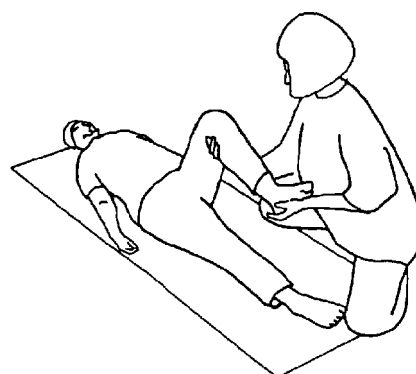
### Knee bend (J)

Trainer bends student's left knee and holds it firmly with the right hand to prevent it "flopping" while trainer's left hand places the foot on the floor. This is to assist with the student's knee flexion movement.



### Knee bend (K)

Student lies with legs out straight, and the trainer places right hand under the student's left knee and the left hand under the heel.



The trainer pushes on the heel to help bend the knee.