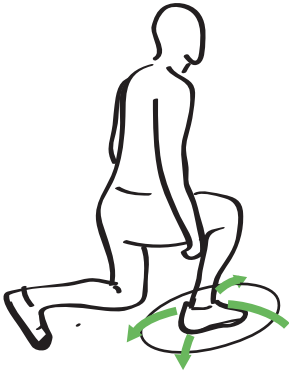
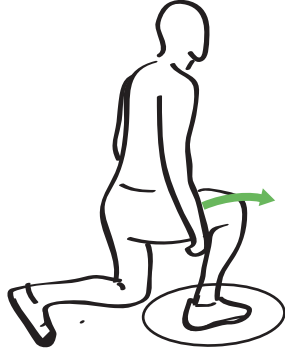


## EXERCISE knee

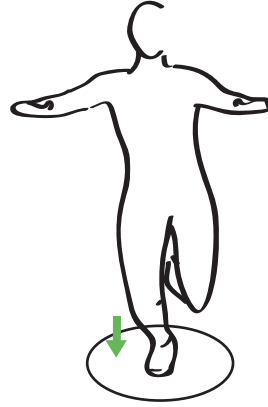
move miniBoard  
keep body-posture



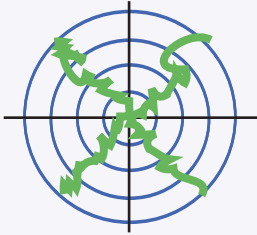
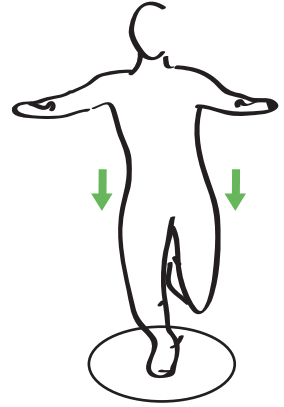
move knee forward  
keep miniBoard stabilized



add pressure on either  
left or right side of knee

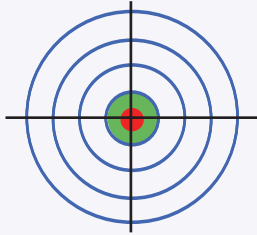


keep miniBoard stabilized  
while squatting



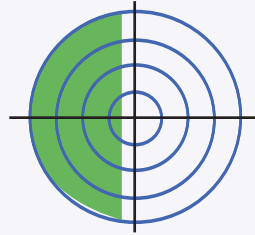
follow the lines as  
accurate as possible

knee extensors  
core stabilizers



keep the red dot  
at the center

hip extensors  
knee extension



keep movements on  
one side; left or right

knee extensors:  
vastus lateralis  
vastus medialis



keep the red dot  
at the center

all movements

### Knee extension



m. rectus femoris  
m. vastus lateralis  
m. vastus medialis  
m. vastus intermedius

### Knee flexion



m. semimembranosus  
m. semimembranosus  
m. biceps femoris

### Hip extension



m. gluteus maximus  
m. gluteus minimus

### Core stabilizing



m. transversus abdominis  
mm. multifidi