

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Runner's Knee Protocol

### Clamshell



1. Start lying on one side, propped up on forearm, shoulder over elbow and hips, knees, and feet stacked with hips and knees bent 90 degrees.
2. Externally rotate top hip while lifting top knee toward the ceiling. Keep feet glued together.
3. Lower leg back down.
4. Repeat for 3 sets of 15 reps

### Donkey Kick



1. Start on all fours, shoulders over wrists and knees right under hips.
2. Keeping knee bent 90 degrees and foot flexed, press heel toward the ceiling, making sure back stays flat and knee points straight down.
3. Lower knee back toward floor.
4. Repeat for 3 sets of 15 reps

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## Cyclist Squats



1. Stand on a squat ramp, with your feet together, torso upright and arms reaching forward.
  - a. Instead of a ramp, I will put a book that is about 1 inch thick under my heels.
2. Start the descent portion of your squat by bending at the knees and hips at the same time.
3. Once past parallel, push your knees even further forward, tucking your bum under your body as if trying to sit on top of your Achilles.
4. Push the floor away to stand back up, with your shoulders and hips rising at the same rate until you are back to the start position.
5. Repeat for 3 sets of 15 reps

\*\*\*When you've mastered the bodyweight version you can perform this holding a kettlebell or Medicine Ball with Handles in a goblet position or as a barbell back cyclist squat.

## Straight Leg Raise



1. Sit or lie faceup, legs straight out.
2. Lock legs straight and lift one leg straight up toward the ceiling. Hold for 3-4 seconds.
3. Lower back down.
4. Repeat for 3 sets of 15 reps

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## Hamstring Stretch



1. Stand up and hinge at hips, keep your back straight.
2. Keeping one leg straight (with knee soft) to stretch the hamstring.
3. Hold for 30 seconds, repeat 2 times on each leg

## Running Lunge



1. With one foot in front, place the opposite knee on the ground.
2. Glide your hips forward, engaging back glute to release the hip.
3. Hold for 30 seconds, repeat 2 times on each leg

## Figure Four Stretch



1. Lying on your back, cross left ankle over right knee
2. Grab the back of the right thigh and pull it toward chest.
3. Hold for 30 seconds, repeat 2 times on each leg