Mindluster Platform

About the course Knee friendly leg workouts at gem

Knee-friendly leg workouts course, in this course youâ€™ll explore low-impact exercises designed to strengthen the legs without putting stress on the knees. This course focuses on building muscle in the glutes, hamstrings, and quads through movements like glute bridges, wall sits, and step-ups. Youâ€™ll also learn how to improve stability and flexibility, supporting knee health and reducing the risk of future injury. Each workout is adaptable to all fitness levels, with modifications for individuals recovering from knee pain or injuries. By the end of the course, youâ€™ll enhance leg strength, boost mobility, and build endurance, all while ensuring your knees remain safe and supported.

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **30 Minute Full Body Workout Leg Knee Injury Friendly**

Lesson 2 : **5 Minute Seated Abs with Weights No Repeats**

Lesson 3 : **30 Minute Chair Workout For Bad or Injured Knees**

Lesson 4 : **20 Minute Seated Workout Cardio Core No Equipment No Repeat**

Lesson 5 : **Live 30 Minute Full Body Circuit Workout**

Lesson 6 : **30 Minute Intense Arm Workout Seated**

Lesson 7 : **5 Minute Seated Abs Intense Ab Workout**

Lesson 8 : **30 Minute Full Body Mat Workout No Standing**

Lesson 9 : **Live 30 Minute Full Body Dumbbell Workout**

Lesson 10 : **Live 30 Minute Arms and Abs Workout Standing or Seated Workout**

Lesson 11 : **5 Best Knee Strengthening Exercises No More Knee Pain**

Lesson 12 : **10 Minute Knee Rehab for Meniscus Tear**

Lesson 13 : **5 Minute Calf Workout At Home Bodyweight Only**

Lesson 14 : **35 Minute Full Body Mat Workout For Leg Knee Injury**

Lesson 15 : **30 Minute Knee Friendly Leg Workout No Lunges No Jumping**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

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