

MIND BODY PRESCRIPTION FOR HEALTHY KNEES

HEALTHY KNEES		TIME OR REPS	SUN	MON	TUE	WED	THUR	FRI	SAT
	STRENGTH UP & DOWN INNER THIGHS								
	STRENGTH UP & DOWN OUTER THIGHS								
	FLEXIBILITY THE HERON QUADS, IT BAND								
	FLEXIBILITY THE FLAMINGO HIPS								
	FLEXIBILITY VITAMIN H HAMSTRINGS								
	FLEXIBILITY OUTER HIP STRETCH 3 GLUTES								