

K N E E H A B

FOUNDATIONS

THE BODYWEIGHT + BANDS KNEE TRAINING GUIDE

BUILD YOUR BASE

WELCOME

I AM THE KNEEHABER

Thanks for downloading Kneehab Foundations. Quick background before you dive in.

I grew up chasing a career as a professional skier. Four ACL tears in my right knee ended that dream. It also kicked off ten years of rebuilding my knees from the ground up. I call it Kneehab. This guide is built from everything those ten years taught me.

Here's the part that matters for you: my MRI would make any orthopedic surgeon cringe. No ACL. A compromised meniscus. On paper, I shouldn't be doing much of anything. In reality, I'm squatting heavy, running long, skiing hard, and living pain-free, doing pretty much every activity I want to do.

It's now a life mission of mine to keep my knees healthy for the long term, and I want to share what I've learned to help you do the same.

QUESTIONS? I'VE GOT YOU.

DM me on Instagram @thekneehaber or email hello@thekneehaber.com. — Connor, The Kneehaber

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READ FIRST

DISCLAIMER

I am not a medical professional. The information in this guide is based on my own experience rehabbing my knees and coaching others. Individual responses to exercise vary.

Before starting any exercise program, especially if you have a pre-existing condition or injury, consult a qualified healthcare professional. This content is not a substitute for professional medical advice, diagnosis, or treatment.

If you experience sharp pain, significant swelling, or any concerning symptoms, stop and seek guidance from a healthcare provider. By using this guide, you acknowledge that you do so at your own risk.

THE PLAN

HOW TO USE THIS GUIDE

Kneehab Foundations is designed to help you build strong, healthy knees through a simple, structured, and sustainable training plan using minimal equipment (just bodyweight and bands) so you can train from just about anywhere.

Three workouts per week, ideally spaced with at least one rest day in between. Each movement lists reps, sets, and a video tutorial so you can see exactly how to perform it with proper form. I recommend a Monday / Wednesday / Friday schedule, but adjust to whatever fits your routine and recovery.

Progress slowly. The goal isn't to push through pain. It's to move better, build strength, and avoid flaring things up. Over an 8-week window: Weeks 1–4, focus on quality movement, dialing in form, working full range of motion, and decreasing pain. Weeks 5–8, increase reps by ~5–10% per week as long as the movements still feel solid and pain-free.

LET PAIN BE YOUR GUIDE

Working at 4/10 pain or lower is fine. Anything above a 4, scale the movement back. Strong knees are built by training consistently, not by fighting through pain.

FOUNDATIONS PROGRAM

DAY 1

Focus on Quad Strength + Stability

EXERCISE	REPS	# OF SETS	VIDEO
Banded TKE's	20 / Side	3	Watch
Spanish Squat Isometric	30 Sec Hold	2	Watch
Spanish Squat Pulse	15 Reps	2	Watch
Tibialis Raise	20 Reps	3	Watch
Wall Sit Calf Raise	15 Reps	3	Watch
Poliquin Step Ups	10 / Side	3 / Side	Watch
Wall Assisted Sissy Squats	10 Reps	2	Watch
Split Squat Isometric	30 Sec / Side	2	Watch

COACH'S TIP

Slow, controlled reps beat fast, sloppy ones. On step-ups and sissy squats, let the knee travel forward over the toes. That's the range that builds resilient knees.

FOUNDATIONS PROGRAM

DAY 2

Focus on Hamstrings + Posterior Chain

EXERCISE	REPS	# OF SETS	VIDEO
Banded TKE's	20 / Side	3	Watch
Single Leg Calf Raises	15 / Side	2	Watch
Tibialis Raises	15 Reps	2	Watch
Glute Bridge Isometric	45 Sec Hold	3	Watch
Hamstring Slides <i>No sliders? A towel or socks on a smooth floor work great too.</i>	8 Reps	2	Watch
Banded Hamstring Curls	10 / Side	3 / Side	Watch
KOT Wall Sit	20 Sec Hold	2	Watch
Single Leg Balance	30 Sec / Side	2	Watch

COACH'S TIP

Strong hamstrings and glutes protect the knee by sharing the load. Control the lowering phase on your hamstring slides and curls. That slow return is where the strength is built.

FOUNDATIONS PROGRAM

DAY 3

Focus on Hip Strength

EXERCISE	REPS	# OF SETS	VIDEO
Banded TKE's	20 / Side	3	Watch
Banded Side Steps	10 / Side	2 / Side	Watch
Banded Taps	5 / Direction	2	Watch
Banded Fire Hydrants	10 / Side	3 / Side	Watch
Banded Hip Abductions	10 / Side	3 / Side	Watch
Adductor Isometrics	30 Sec / Side	3 / Side	Watch
Banded Hip Flexor Isometrics	30 Sec Hold	2	Watch
Banded Hip Flexor Kick Outs	20 / Side	2	Watch
Tibialis Raises	20 Reps	2	Watch

COACH'S TIP

Your hips steer your knees. If the band work starts feeling easy, don't rush it. Slow every rep down and add a pause at the top before you add more reps.

GEAR UP

EQUIPMENT LIST

All you need for this program: small and large resistance bands, a door anchor, a slant board, and a pair of hamstring sliders (a towel on a smooth floor works too). Tap any item to shop it.

■ **Small resistance bands** [Shop →](#)

Versatile and great for strengthening the hips

■ **Large resistance bands** [Shop →](#)

For Spanish Squats and TKE's to cut knee pain + build strength

■ **Slant board** [Shop →](#)

Safely trains the knees through deeper ranges of motion

■ **Door anchor** [Shop →](#)

Anchors a large band for movements like Banded TKE's

■ **Hamstring sliders** [Shop →](#)

For hamstring slides (a towel on hardwood works too)

Heads up: some links above are affiliate links. They support The Kneehaber at no extra cost to you.

NEXT STEPS

KEEP GOING

Knee pain and injuries take time to turn around. Consistency is everything. If you don't feel better after the first week, don't get discouraged. Train smart, focus on getting 1% better each week, and with three days of dedicated Kneehab per week you'll build stronger, healthier knees. You can't lose if you don't quit, so keep going!

THE STRONG KNEES SYSTEM

NOW LIVE

When you're ready for the next level, the Strong Knees System takes you from these foundations to full strength: five programs in one app, every exercise filmed, and the week-by-week plan built out for you, whether you're coming back from injury or looking to prevent one. It's live now, and it's the fastest way to run this exact progression on a follow-along app instead of a PDF.

[SEE THE STRONG KNEES SYSTEM →](#)

Thanks for downloading the guide. I appreciate you being here. Wishing you strength, consistency, and success with your knees!

— Connor, The Kneehaber