

K N E E H A B

STRENGTH

STRENGTHEN THE MUSCLES THAT PROTECT YOUR KNEES

FROM STABLE TO STRONG

WELCOME

I AM THE KNEEHABER

Thanks for downloading Kneehab Strength. 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 — and 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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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 Strength takes your knees from stable to strong using real load — dumbbells, kettlebells, and a barbell. Bands and bodyweight build control; load is what makes tendons and muscles thick, stiff, and resilient.

Three workouts per week, spaced with rest days. Every day opens with a warm-up, then moves into the main lifts. Each movement lists reps, sets, a video tutorial — and a substitute when a movement needs equipment you don't have or a regression that meets you where you're at. Run it at the gym, or from home with a decent setup. I recommend a Monday / Wednesday / Friday schedule.

Progress slowly. The goal isn't to max out — it's to get stronger while keeping your knees happy. Over a 12-week window: Weeks 1–4 start light and nail form; Weeks 5–8 add ~5–10% load as movements stay solid; Weeks 9–12 keep progressing gradually — form beats ego every time.

LET PAIN BE YOUR GUIDE

Working at 4/10 pain or lower is fine. Above a 4, scale the movement back or drop the load. Strength is built by loading consistently — not by fighting through pain.

STRENGTH PROGRAM

DAY 1

Focus on Quad Strength

EXERCISE	REPS	# OF SETS	VIDEO
Backward Sled Drag (Warm-Up) <i>No sled? Walking backward on a turned-off treadmill works great too.</i>	3–5 Min	1	Watch
Mini Band Lateral Walks (Warm-Up)	10 / Side	2	Watch
Banded Spanish Squat (Warm-Up)	30 Sec Hold	2	Watch
Samson Lunge (Warm-Up)	10 / Side	1	Watch
KOT Calf Raise	15 Reps	3	Watch
Tibialis Raise	20 Reps	3	Watch
Barbell Back Squat <i>Don't have a barbell? Start with slant board squats.</i>	5 Reps	5	Watch
Poliquin Step Ups	10 / Side	3 / Side	Watch
Weighted Hip Flexor Raises	12 / Side	3 / Side	Watch

COACH'S TIP

Drive the knees forward over the toes on your back squats and step-ups.

STRENGTH PROGRAM

DAY 2

Focus on Posterior Chain + Glutes

EXERCISE	REPS	# OF SETS	VIDEO
Backward Sled Drag (Warm-Up) <i>No sled? Walking backward on a turned-off treadmill works great too.</i>	3–5 Min	1	Watch
Inchworms (Warm-Up)	8 Reps	2	Watch
Side-Lying Hip Abductions (Warm-Up)	12 / Side	2	Watch
Banded Fire Hydrants (Warm-Up)	10 / Side	2	Watch
Banded Good Mornings (Warm-Up)	8 Reps	1	Watch
Single Leg Calf Raise	12 / Side	3	Watch
Tibialis Raise	20 Reps	3	Watch
Romanian Deadlift (Barbell) <i>Don't have a barbell or want to work lighter? Start with dumbbell RDLs.</i>	8 Reps	4	Watch
Eccentric Nordic Curl <i>Not there yet, or no setup? Swap in hamstring slides.</i>	5 Reps	3	Watch
Barbell Hip Thrust <i>No barbell? Hold a dumbbell at hip level to get started.</i>	10 Reps	3	Watch

COACH'S TIP

Strong hamstrings and glutes protect the knee by sharing the load. Control the lowering phase of every rep — that's where durability is built.

STRENGTH PROGRAM

DAY 3

Focus on Single-Leg + Hips

EXERCISE	REPS	# OF SETS	VIDEO
Backward Sled Drag (Warm-Up) <i>No sled? Walking backward on a turned-off treadmill works great too.</i>	3–5 Min	1	Watch
Mini Band Lateral Walks (Warm-Up)	10 / Side	2	Watch
Hip Flexor Kick Outs (Warm-Up)	15 / Side	2	Watch
Split Squat Calf Raise	15 Reps	3	Watch
Tibialis Raise	20 Reps	3	Watch
Curtsy Lunge	8 / Side	3 / Side	Watch
Horse Stance Squats	12 Reps	3	Watch
Kickstand Squat	10 / Side	3 / Side	Watch
Weighted Hip Flexor Raises	12 / Side	3 / Side	Watch

COACH'S TIP

Single-leg work exposes the side that's been hiding. Train your weaker leg first and match the reps on your strong side — symmetry is what keeps knees healthy.

GEAR UP

EQUIPMENT LIST

This is the gear that makes the program run. You don't need every item — a barbell, some weight, and a slant board get you most of the way. Tap any item to shop it.

- **Barbell** [Shop →](#)
- **Weight plates** [Shop →](#)
- **Dumbbells** [Shop →](#)
- **Kettlebells** [Shop →](#)
- **Sled (or backward treadmill)** [Shop →](#)
- **Slant board** [Shop →](#)
- **Flybird weight bench** [Shop →](#)
- **Nordic curl strap / mini bench** [Shop →](#)
- **Hamstring sliders** [Shop →](#)
- **Tibialis bar** [Shop →](#)
- **Monkey Foot** [Shop →](#)
- **Mini resistance bands** [Shop →](#)
- **Large resistance bands** [Shop →](#)
- **Hip thrust / barbell pad (optional)** [Shop →](#)

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

NEXT STEPS

READY FOR MORE?

Strong knees aren't built in a week — consistency is everything. Train smart, add load gradually, and get 1% better each week. Three loaded sessions a week will build knees that hold up to whatever you throw at them.

KNEEHAB STRENGTH, IN THE APP

NOW LIVE

The full 12-week loaded progression, every exercise filmed, and the week-by-week loading plan built out for you, inside the Strong Knees System with Foundations, Performance, the Patellar Tendon Fix and the Knee Mobility Library alongside it. It's live now, and it's the fastest way to run this progression on a follow-along app instead of a PDF.

[SEE THE STRONG KNEES SYSTEM →](#)

1:1 ONLINE COACHING

Personalized programming and video form review built around your knees and your goals.

[APPLY AT THEKNEEHABER.COM/COACHING →](https://www.thekneehaber.com/coaching)

Thanks for being here. Now go get strong.

— Connor, *The Kneehaber*