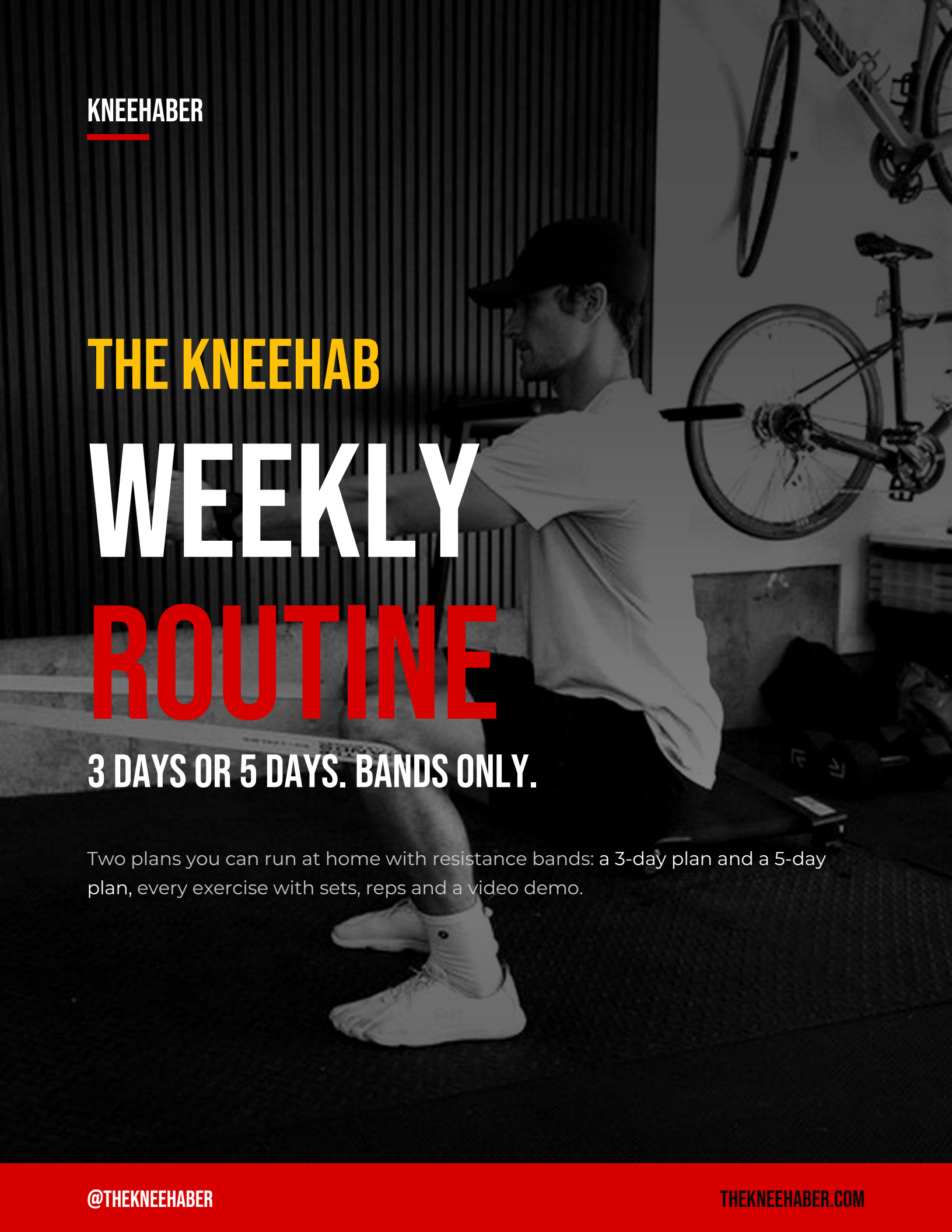


A man in a white t-shirt and black cap is performing a squat exercise with a resistance band in a home gym. The background shows a wall with vertical slats and a bicycle hanging on the wall.

KNEEHABER

THE KNEEHAB WEEKLY ROUTINE

3 DAYS OR 5 DAYS. BANDS ONLY.

Two plans you can run at home with resistance bands: a 3-day plan and a 5-day plan, every exercise with sets, reps and a video demo.

START HERE

HOW TO USE THIS

You asked for the routine from the video, so here it is, with nothing added. Pick one plan and run it for the next few weeks. Plan A is three sessions a week with at least a day between them, about 30 minutes each, and it's the one I'd start with. Plan B is three exercises a day, Monday to Friday, about 20 minutes, for when you'd rather do a little every day.

Run the same days every week. When a set starts feeling easy, add a few reps before you add anything else, and keep every rep slow.

Everything here is band work and bodyweight. It doesn't look like much, and it's the same stuff that starts every program I write, including the one I used to get my own knee ready for Kilimanjaro. Slow, controlled reps beat fast, sloppy ones every time.

THE ONE RULE Pain during an exercise should stay at 3 out of 10 or less, and by the next morning your knee should be back to where it was before you trained. If you pass both, keep going and add a few reps next week. If you miss either one, drop the band tension or shorten the range next time. That's not a setback, it's the routine working.

WHAT YOU NEED

- **Small resistance bands** for the hip and glute work
- **Large resistance bands** the Battle Bands I use for TKEs, Spanish squats, RDLs and hamstring curls
- **Door anchor** the one I use, so a closed door becomes your band anchor
- **Slant board (optional)** for step ups and step downs, a book or a wedge works too

These are affiliate links (Amazon Associates and Battle Bunker). I earn a small commission at no extra cost to you, and they're the exact things I train with.

HOW THE DEMOS WORK

Every exercise has a WATCH link that opens a short demo on my YouTube channel, so you can see the setup and the tempo before you try it. Watch it once, then train.

THE 3-DAY PLAN

MONDAY QUADS

	EXERCISE	SETS	REPS	DEMO
1	Banded TKEs	3	20 / side	▶ WATCH
2	Spanish Squats Pulsing reps in the bottom half	3	15	▶ WATCH
3	Poliquin Step Ups Start on flat ground, progress to a slant board	3	10 / side	▶ WATCH
4	Wall Assisted Sissy Squats	2	10	▶ WATCH
5	Split Squat Isometric	2	30 sec / side	▶ WATCH

WEDNESDAY POSTERIOR CHAIN

1	Glute Bridge Isometric	3	45 sec hold	▶ WATCH
2	Glute Bridge Walkouts	2	8	▶ WATCH
3	Banded RDLs Stand on the band, hinge at the hips	3	12	▶ WATCH
4	Banded Hamstring Curls	3	10 / side	▶ WATCH
5	Banded Fire Hydrants	3	10 / side	▶ WATCH
6	Standing Kickbacks Band around the ankles, squeeze the glute at the top	2	12 / side	▶ WATCH

FRIDAY HIPS

1	Banded Side Steps	2	10 / side	▶ WATCH
2	Horse Stance Squat Hold the bottom position	2	30 sec hold	▶ WATCH
3	Adductor Isometrics	3	30 sec / side	▶ WATCH
4	Side Lying Hip Abductions	3	10 / side	▶ WATCH
5	Hip Flexor Raise into Abduction Mini band around the feet	2	10 / side	▶ WATCH
6	Reverse Nordics Hold a band or a doorframe for support	2	8	▶ WATCH

THE 5-DAY PLAN

MONDAY ISOMETRICS + LOWER LEG

	EXERCISE	SETS	REPS	DEMO
1	Wall Sit	3	45 sec hold	▶ WATCH
2	Bent Knee Calf Raise Hold Top position, knees bent, soleus working	3	30 sec hold	▶ WATCH
3	Tibialis Raises	3	20	▶ WATCH

TUESDAY QUADS

1	Banded TKEs	3	20 / side	▶ WATCH
2	Slant Board Step Downs 3 to 5 seconds on the way down	3	8 / side	▶ WATCH
3	Wall Assisted Sissy Squats	2	10	▶ WATCH
4	Reverse Nordics Hold a band or a doorframe for support	2	8	▶ WATCH

WEDNESDAY POSTERIOR CHAIN

1	Single Leg Banded RDLs	3	10 / side	▶ WATCH
2	Banded Hamstring Curls	3	10 / side	▶ WATCH
3	Glute Bridge Walkouts	2	8	▶ WATCH

THURSDAY HIPS

1	Banded Lateral Walks	2	10 / side	▶ WATCH
2	Adductor Isometrics	3	30 sec / side	▶ WATCH
3	Banded Hip Flexor Raises Drive the knee up against the band	2	12 / side	▶ WATCH

FRIDAY ISOMETRICS + FULL RANGE

1	Spanish Squat Hold	3	30 sec hold	▶ WATCH
2	Split Squat Isometric	2	30 sec / side	▶ WATCH
3	Front Foot Elevated ATG Split Squat	2	8 / side	▶ WATCH

WHAT'S NEXT

AFTER THE ROUTINE

Run whichever plan you picked for four to six weeks. If the stairs feel better and the sets feel easy, you've built a base, and the next step is loading it: heavier, more single-leg work, then jumping and sprinting when you're ready. That order is the whole idea behind the Strong Knees System.



Where the routine leads: loaded, full-range strength work in Kneehab Strength.

THIS IS THE ROUTINE. THE SYSTEM IS THE FULL PROGRAM.

If you'd rather not train off a PDF, **the Strong Knees System** puts five programs in the Kneehab Training App on your phone: Foundations, Strength, Performance, the Patellar Tendon Fix and the Knee Mobility Library, with a video demo on every exercise and the sets, reps and weekly progression written in. It's live now, and it's the next step after this routine: the fastest way to run this exact progression on a follow-along app instead of a PDF. You can cancel anytime, and every membership comes with my 30-day guarantee.

SEE THE SYSTEM

thekneehaber.com

Educational content, not medical advice. If your knee is swollen, locking, or giving way, get it looked at in person before you train.

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