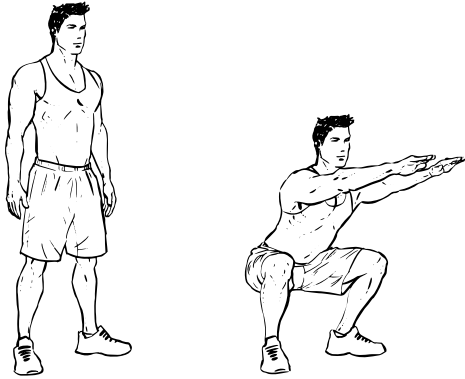
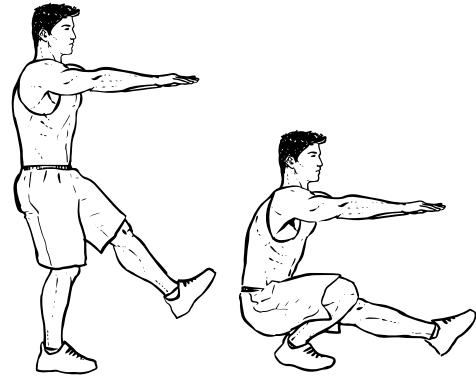


Knee Training

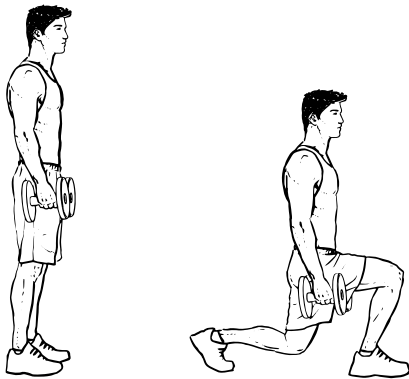
Air Squats



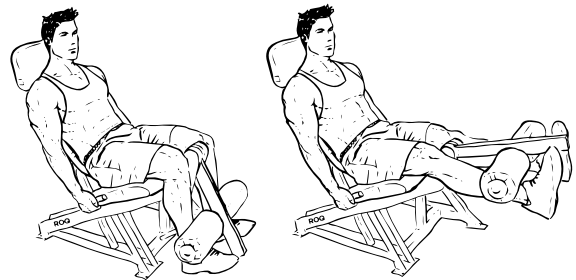
Pistol / Single-Leg Extended Arm Squats



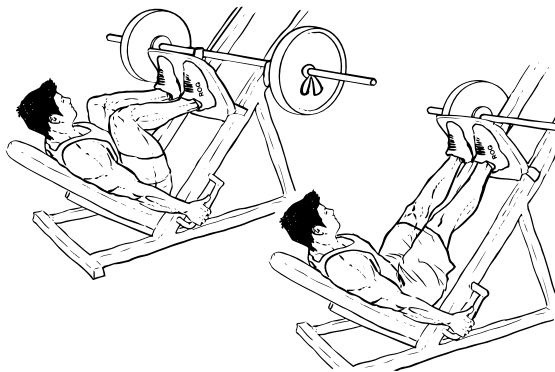
Dumbbell Walking Lunges



Seated Machine Leg Extensions



Leg Press / Machine Squat Press



Barbell Squats

