

# Knee Bend

## Purpose

- This will improve balance and help you feel more confident when on your feet.

## Position

- Stand at the back of the chair, holding on for support.
- Keep knees and feet hip width distance apart.
- Keeping soft knees throughout.

## Action

- Keep the chest lifted and ensure no bending forwards at the waist.
- Take the bottom backwards as the knees are bending.
- Keep looking straight ahead throughout the movement.
- Ensure the knees do not fall inwards.
- Ensure the bottom stays above the level of the knees to prevent strain on the knees and back.
- Ensure the knees stay above the feet throughout.
- Avoid locking out the knees on standing.



Sets  Reps

Comments

### Contact us

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