



5 MINUTES TO STRONGER KNEES

Dr. Brace

SUPPORT. COMFORT. INNOVATION

INTRODUCTION

Knee pain doesn't have to keep you on the sidelines of life any longer. Stop letting your nagging knee pain keep you from enjoying the active lifestyle that you deserve. And enjoy living.

Healthy people with knee pain have two options. They can continue to do nothing, and hope that their knee pain will eventually go away on its own (it won't!). The second option is that they make the decision to rehabilitate their injured knee.

By purchasing our knee brace, you have taken the first step to relieving your knee pain. The next step to restoring your knee back to its pain free state, is to condition and train it, improving the overall stability of your knee.

Over the next few days and weeks, you'll continue taking small (pain free) steps with our 12 simple and structured knee exercises. By following our system and exercises you will gradually strengthen your knee and the muscles that support it.

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DAY 1

CLICK ON THE IMAGES BELOW TO OPEN THE VIDEO

8 REPS 3 SETS



10 REPS 3 SETS



8 REPS 3 SETS



DAY 2

CLICK ON THE IMAGES BELOW TO OPEN THE VIDEO

8 REPS 4 SETS



8 REPS 3 SETS



8 REPS 3 SETS



DAY 3

CLICK ON THE IMAGES BELOW TO OPEN THE VIDEO

8 REPS 3 SETS



8 REPS 3 SETS



8 REPS 3 SETS



DAY 4

CLICK ON THE IMAGES BELOW TO OPEN THE VIDEO

10 REPS 3 SETS



8 REPS 4 SETS



8 REPS 3 SETS

