

The simplest knee strengthening exercise: squats and lunges!

The deep squat/lunge is a basic human movement only few can still do properly. It's beneficial for relaxing the hip musculature and providing the cartilage of the knee with nutrients. It should also be noted that squatting does not cause knee pain. Lunging improperly might cause knee pain, but doing anything improperly might cause pain.

Start with 5 repetitions per side and add 1 per day up to 25 on each side.

Some technique points to remember for the lunges:

- Don't let your knee collapse inward
- Keep your pointing forward
- Imagine your feet are stuck on railroad tracks underneath your hips
- Keep your back straight and vertical
- Brace your abs and tense the glutes, especially of the back leg

