



Adam rehab plan

Leg Press Machine



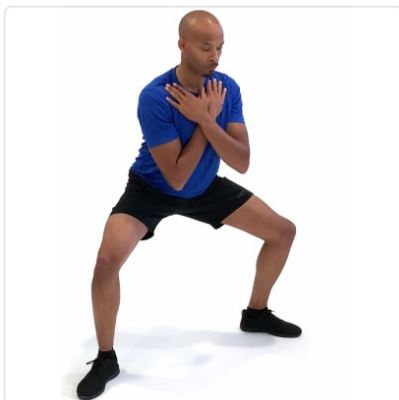
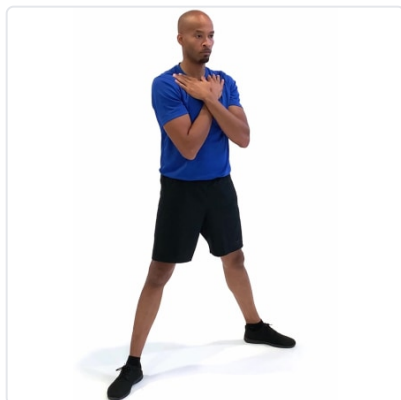
Description

- Sit on the machine with your back and head against the padded support
- Place feet on the footplate about hip-width apart, ensuring the heels are flat and the knees are bent to around 90 degrees
- Press back through the legs so the knees are straight but not locked
- Slowly bend the knees to return to the starting position and repeat

Sets: 3

Reps: 8-10

Sumo Squat



Description

- Stand with the feet turned out
- Lower the hips into a squat, keeping the knees wide
- Drive the hips up into standing

Sets: 3

Reps: 8

Tempo: 20kg

Romanian Deadlift



Description

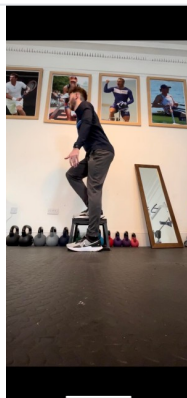
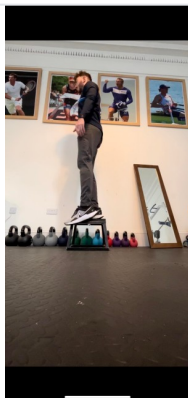
- Stand upright with feet hip-width apart holding a barbell in front of the hips
- Lower the hips back with the knees nearly straight and good posture
- Drive the hips forward to return to upright standing

Sets: 3

Reps: 8

Weight: 50kg+

Step Down



Description

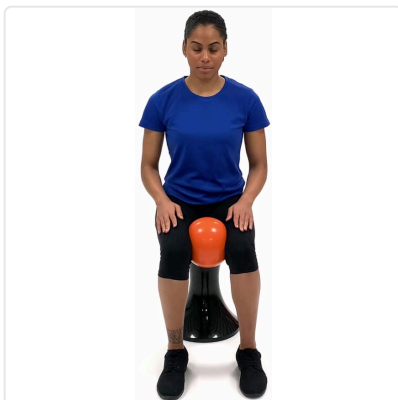
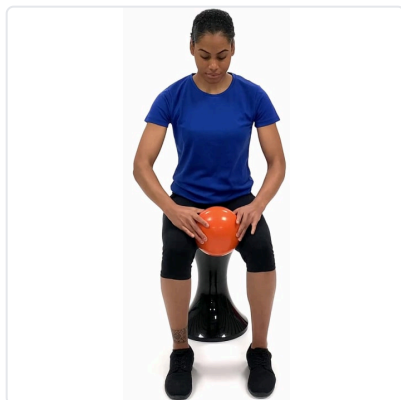
- Stand with your foot aligned with the edge of the step
- Slowly lower yourself to tap the opposite foot on the ground
- Push through the leg standing on the step to raise yourself back to the starting position

Sets: 3

Reps: 8

Weight: 12kg+

Adductor and abductor machines



Description

- Sit on a chair with a ball between your knees
- Press your knees against the ball for the prescribed time while you continue to breathe normally
- Relax and repeat

Sets: 3

Reps: 8-10