

WORKOUT planner

Catherine Bloom (Female)

A: 54 165 cm 78 kg

Coach: Thomas Eriksen, MSc Physiotherapy

April 2026 - Week 2 of 4

Note: Prepatellar bursitis — avoid kneeling and direct knee pressure. Ice 15 min post-session. Compression wrap when weight-bearing.

Monday

Gentle Activation

Quad Sets (isometric) - 3x (BW)

Rest: 30s - Hold 5s each

Ankle Pumps - 3x (-)

Rest: 15s - DVT prevention

Heel Slides (supine) - 3x (BW)

Rest: 30s - Gentle ROM

Seated Calf Raises - 3x (BW)

Rest: 20s - Seated only

Ice + Elevation post-session - 1x (-)

Rest: - - Knee above heart

Tuesday

Rest & Anti-Inflammatory

Supine Knee-to-Chest Stretch - 2x (-)

Rest: 15s - Each leg, gentle

Seated Hip Flexor Stretch - 2x (-)

Rest: 15s - Each side

Mindful Breathing / Relaxation - 1x (-)

Rest: - - Reduce inflammation

Cold Compress (knee) - 3x (-)

Rest: 1 hr - 3x through day

Wednesday

Hip & Glute Strength

Side-Lying Hip Abduction - 3x (BW)

Rest: 30s - No knee pressure

Glute Bridges (supine) - 3x (BW)

Rest: 30s - Hold 2s at top

Clamshells (light band) - 3x (Light)

Rest: 30s - Keep pelvis still

Prone Hip Extension - 3x (BW)

Rest: 30s - Squeeze glute

Stationary Cycling (recumbent) - 1x (Low)

Rest: - - Seat high, low res.

<p>Thursday Pool Therapy</p>	<p>Aqua Walking (waist-deep) - 1x (-) Rest: - - Forward & backward</p> <p>Pool Leg Swings - 3x (-) Rest: 20s - Each direction</p> <p>Water Hip Abduction (standing) - 3x (-) Rest: 20s - Each leg</p> <p>Pool Squats (0-30°) - 3x (-) Rest: 30s - Waist-deep water</p>
<p>Friday Progressive Strength</p>	<p>Straight Leg Raises - 3x (BW) Rest: 30s - Lock knee first</p> <p>Mini Wall Squats (0-30°) - 3x (BW) Rest: 45s - Pain-free range only</p> <p>Terminal Knee Extension (band) - 3x (Light) Rest: 30s - Band behind knee</p> <p>Standing Hip Abduction (band) - 3x (Light) Rest: 30s - Each leg</p> <p>Ice Therapy post-session - 1x (-) Rest: - - Compression wrap after</p>
<p>Saturday Light Cardio & Flexibility</p>	<p>Recumbent Cycling - 1x (Low) Rest: - - Easy pace</p> <p>Hamstring Stretch (supine) - 3x (-) Rest: 15s - Each leg</p> <p>Quad Stretch (standing) - 3x (-) Rest: 15s - Hold wall</p> <p>Foam Roll - Quads & Calves - 2x (BW) Rest: 20s - Avoid bursa area</p>
<p>Sunday Complete Rest</p>	<p>Cold Compress (knee) - 2x (-) Rest: 1 hr - Morning & evening</p> <p>Gentle Ankle & Foot Mobility - 2x (-) Rest: 20s - Maintain circulation</p> <p>Elevation Rest - 1x (-) Rest: - - Leg above heart level</p>

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