

Fitness Planner

Training Focus

Heal a Grade II medial meniscus tear without surgery through targeted quad sets, SLRs, and low-impact cycling to restore pain-free knee function.

Monday - Quad & VMO Activation

Exercise	Set	Rep	Weight
Quad Sets (isometric)	3	15	BW
Straight Leg Raises	3	12	BW
Short Arc Knee Extension (0-30°)	3	15	BW
Inner Range Quad (towel roll)	3	15	BW
Calf Raises (seated)	3	20	BW

Tuesday - Gentle Mobility & Circulation

Exercise	Set	Rep	Weight
Heel Slides (supine)	3	15	BW
Ankle Pumps	3	20	-
Supine Knee-to-Chest Stretch	2	30s	-
Stationary Cycling (low res.)	1	15 min	Low

Wednesday - Hip & Glute Strengthening

Exercise	Set	Rep	Weight
Clamshells (band)	3	15	Light
Side-Lying Hip Abduction	3	15	BW
Glute Bridges	3	15	BW
Prone Hip Extension	3	12	BW

Standing Hip Abduction (band)	3	15	Light
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Thursday - Balance & Proprioception

Exercise	Set	Rep	Weight
Single-Leg Stand (chair support)	3	20s	BW
Terminal Knee Extension (band)	3	15	Light
Mini Wall Squats (0-30°)	3	12	BW
Step-Ups (3-inch step)	3	10	BW
Hip Flexor Stretch	3	30s	-

Friday - Cardio & Core

Exercise	Set	Rep	Weight
Recumbent Cycling	1	20 min	Low
Pool Walking (waist-deep)	1	15 min	-
Pelvic Tilts (supine)	3	15	BW
Dead Bug	3	10	BW
Bird-Dog	3	10	BW

Saturday - Stretching & Flexibility

Exercise	Set	Rep	Weight
Hamstring Stretch (supine)	3	30s	-
Quad Stretch (standing)	3	30s	-
IT Band Stretch (side-lying)	3	30s	-
Foam Roll - Quads & Calves	2	60s	-

Figure-Four Piriformis Stretch	2	30s	-
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Sunday - Rest

Exercise	Set	Rep	Weight
Ice Therapy (knee)	2	15 min	-
Ankle & Foot Circles	2	10	-
Light Walking (flat surface)	1	10 min	-

GOALS

Heal a Grade II medial meniscus tear without surgery through targeted quad sets, SLRs, and low-impact cycling to restore pain-free knee function.

NOTES

Avoid deep squats, pivoting, and high-impact activity. Ice after each session 15 min. Re-evaluate with orthopedic surgeon at week 6.