Activate Your Knee Gardians

My 5-Minute Morning Ritual – By Ketty LABADIE

How I wake up my knee protectors every morning – a quick and mindful routine.

1️⃣ Wall Sit – "The Chair"

🧍 **Position:** back against the wall, legs bent at 90°, feet hip-width apart.
⏱️ Hold for 30 to 60 seconds.
💪 **Targets:** quadriceps, lower-body endurance.
✨ *Variation:* place a ball or cushion between your knees and squeeze gently.

2️⃣ Glute Bridge

🛏️ Lie on your back, knees bent, feet flat on the floor.
Lift your hips while squeezing your glutes.
⏱️ Hold 5 seconds → lower slowly → repeat 10–15 times.
✨ *Variation:* hold the top position for 30 seconds.

3️⃣ Low Plank (on Forearms)

🤸 **Position:** elbows under shoulders, body straight.
⏱️ Hold for 20 to 40 seconds.
💪 **Targets:** core, transverse abs, glutes (keep them tight).
✨ *Variation:* lift one leg at a time for a few seconds.

4️⃣ Side-Lying Leg Lift

🛏️ Lie on one side, legs straight.
Lift the top leg and hold 3 seconds.
🔁 10 reps each side.
💪 **Targets:** gluteus medius – stabilizes knees and pelvis.

5️⃣ Donkey Kick

🐴 On all fours, hands under shoulders, knees under hips.
Push one heel toward the ceiling (knee bent 90°).
🔁 10 reps per leg.
✨ *Variation:* hold 5 seconds at the top for more engagement.

✅ Quick 5-Minute Version

- 30 sec Wall Sit
- 10 Glute Bridges
- 20 sec Plank
- 10 Side Leg Lifts per side
- 10 Donkey Kicks per leg

🔒 *Want more ? Access my full video podcast + extended routines inside the Member Space.*

"Every morning, I wake up my body before the world wakes me up."

"I created this routine to help you reconnect with your body every morning.
Small steps bring great results — especially when done with awareness and consistency."

✨ *Want to go further?*

- Join my **Member Space** for exclusive routines, nutrition tips & full podcast videos.
- Learn how to protect and strengthen your knees, naturally.
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Podcast companion – by Ketty Labadie
Discover more on www.nutritionandhealthylife.net