

***STRUGGLING WITH
KNEE PAIN
WHILE YOU TRAIN?***



5 TIPS TO HELP YOU!

Most people try to “train through” knee pain...
Or worse — rely on wraps, sleeves and ego
lifting.

That’s not fixing the issue. That’s hiding it.

Here’s how to train smarter around knee pain:
These 5 tips will help **reduce discomfort**,
protect your joints, and **build strength** without
wrecking your knees.



1: STOP OVERUSING SLEEVES OR WRAPS

**They can help temporarily
— but if you rely on them
every leg day, your
stabilisers and connective
tissue get weaker.**

Train raw more often.



2: DO YOUR COMPOUND LIFTS LAST

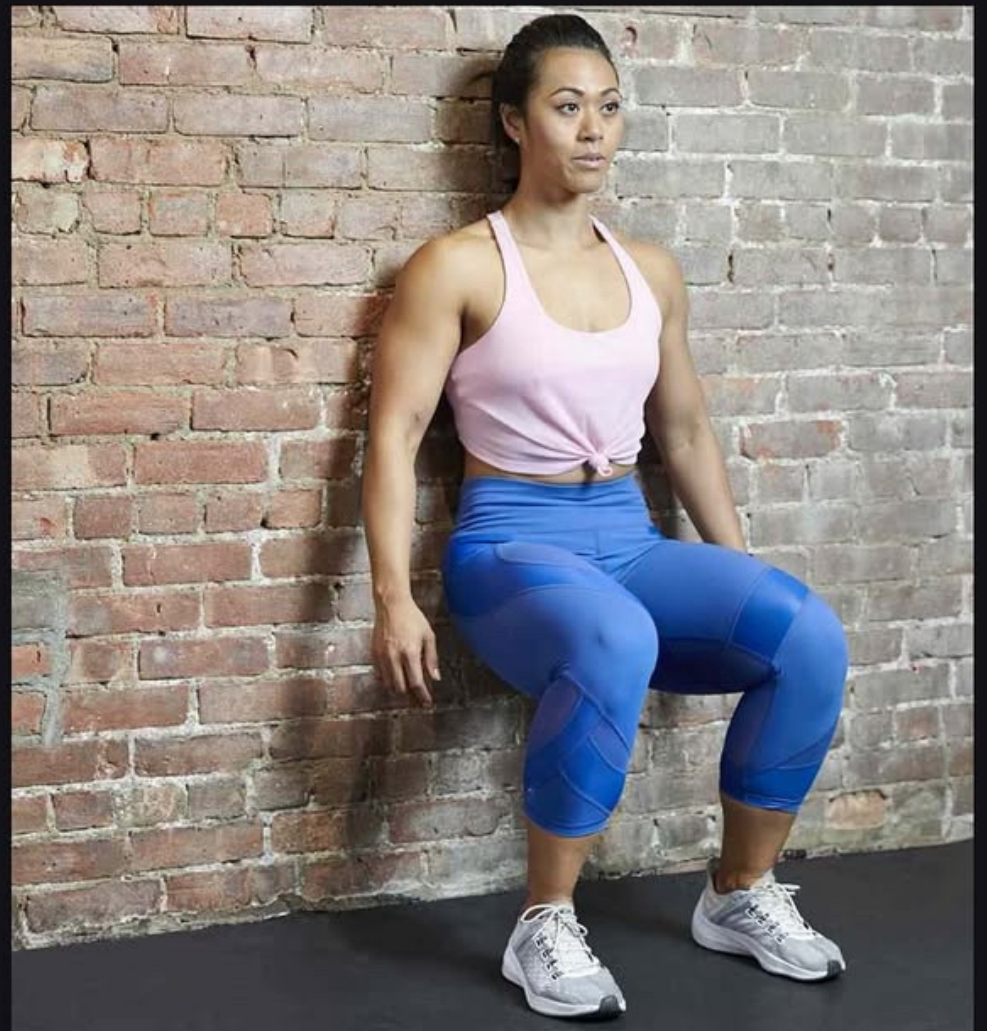
Squats, lunges and leg presses are brutal on sore knees if done first.

Pre-fatigue with isolation work or static holds to warm up the joint.



3: USE STATIC HOLDS TO STRENGTHEN TENDONS

Wall sits, Spanish squats, isometric leg extensions — they reduce pain and strengthen the joint where it matters most.



4: DON'T GO HEAVY ON LEG EXTENSIONS

**Your ego wants the
stack.**

**Your knees want time
under tension, full
control, and a proper
squeeze at the top.**

**Or if still not feeling
great, miss them out
completely**



5: CONTROL THE WEIGHT + USE FULL ROM

No bouncing out the hole.

Tempo, control and full range of motion will do far more than half reps with big plates.



CONCLUSION

**You don't have to stop training legs.
You just have to train smarter.**

**Protect your knees now — and you'll stay
strong, mobile and pain-free for life.**

DM a 🦵 if you've had knee pain in the past

A decorative graphic in the bottom-left corner consisting of thick, expressive brushstrokes in red and black, creating a dynamic, abstract shape.