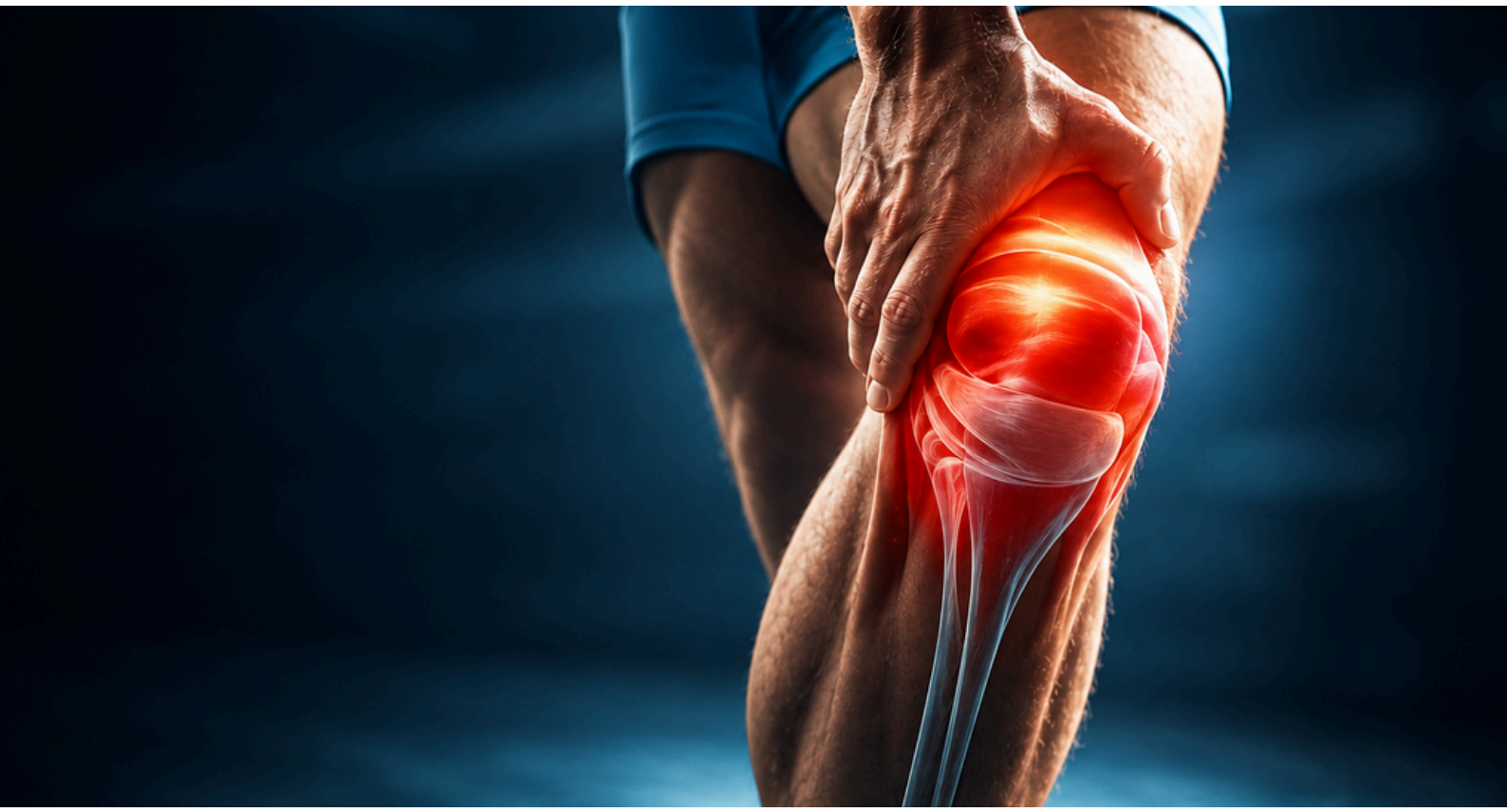
THE

5-MINUTE KNEE RELIEF PROTOCOL

STRONG KNEES AFTER 40

FOR ACTIVE MEN AND WOMEN 40+



Three moves, **five minutes**, and a simple test that tells you what your knee actually needs.

NO SCANS. NO GUESSING. A CLEAR ANSWER TODAY.

STEP 1

TEST YOURSELF

STRONG KNEES AFTER 40

WHY DO THIS TEST

You have probably been told your knee is worn out. This test measures what your knee needs right now.

In about five minutes you will do the exact same squat again and compare the two scores. That comparison tells you something no scan can: whether your knee responds to the right kind of loading. If it does, you are not dealing with a damage problem. You are dealing with a programming problem. Those two get fixed very differently.

THE NARROW STANCE SQUAT TEST



HOW TO PERFORM THIS TEST

Stand with your feet close together, a few inches apart, narrower than shoulder-width. This loads the knees more directly, which is exactly what you want in a test. Squat down as far as you comfortably can, then stand back up.

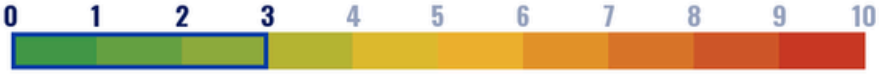
DO THREE SQUATS. SLOWLY. THEN SCORE:

- **PAIN** — *0 to 10. Where does it land while you're squatting?*
- **DEPTH** — *1 to 5. 1 is barely bending. 5 is as deep as you can go.*
- **SMOOTHNESS** — *1 to 5. 1 is grindy and hesitant. 5 is completely smooth.*

YOUR SCORES

	Before	After
Pain (0–10)	_____	_____
Depth (1–5)	_____	_____
Smoothness (1–5)	_____	_____

Fill in "Before" now. You'll fill in "After" in about five minutes.



Stay in this range.

BEFORE YOU BEGIN

If your knee is hot, red, significantly swollen, locking, or giving way, or you've had a recent injury or surgery you haven't had looked at, see a professional before doing the test or the protocol.

ONE RULE BEFORE YOU START

Stay at a 3 out of 10 or below while you do these. A little discomfort is fine — sharp pain or anything climbing higher means back off. More on why this matters on page 5.

NOW, THE PROTOCOL.

MY 5-MINUTE KNEE RELIEF PROTOCOL

STRONG KNEES AFTER 40

HOW THE SESSION WORKS

5 min — The protocol. Exercises 1–3, **one set each**, in one session.

10 min — Same three exercises, **two sets each**.

15 min — Two sets, plus the **bonus exercise** at the bottom.

1 TERMINAL KNEE EXTENSION



TARGET	Quadriceps, the last few degrees of straightening
EQUIPMENT	A resistance band, or a rolled towel

WITH A BAND
Anchor a band at knee height and step into it so it pulls the back of your knee forward. Stand facing the anchor, band taut. Straighten the knee fully against the band and hold. You should feel the quad switch on hard at the top.

Don't have one? This is the kind I use.

NO BAND — USE A TOWEL
Sit with your leg straight out in front of you. Roll up a towel and put it under your knee. Press the back of your knee down into the towel as hard as you can and hold. Same muscle, same effect.

5-MIN: HOLD 30-45 SEC, 1 SET PER LEG
10-MIN: 2 sets per leg, rest 60 sec after both legs

2 SINGLE-LEG WALL SIT



TARGET	Quadriceps under load
EQUIPMENT	A wall, nothing else needed
SETUP	Back against the wall, slide down toward a 90-degree bend, lift the other foot slightly off the floor.
HOW TO DO IT	Hold on one leg, then switch straight to the other. Weight through the heel and mid-foot.
EASIER	Go shallower, don't go shorter. Or keep both feet down until one leg feels manageable.

5-MIN: HOLD 30-45 SEC, 1 SET PER LEG
10-MIN: 2 sets per leg, rest 60 sec after both legs

3 HAMSTRING FOAM ROLLER BRIDGE



TARGET	Hamstrings
EQUIPMENT	A foam roller (or a chair/low step for the no-roller version)
SETUP	Lie on your back with your feet on top of a foam roller, knees bent, arms flat at your sides.
HOW TO DO IT	Drive the balls of your feet down into the roller and lift your hips off the floor. Hold at the top with the hamstrings loaded.
EASIER	Bend your knees more and bring the roller closer to you. No roller? Put your heels on a chair seat or a low step.

5-MIN: HOLD 30-45 SEC, 1 SET
10-MIN: 2 sets, rest 2 min between sets

BONUS That's the protocol. **Only add this one if you have the extra five minutes** — it isn't part of the core session.

Bonus SINGLE-LEG CALF RAISE HOLD



TARGET	Calf — the gastrocnemius crosses your knee joint
EQUIPMENT	A wall or countertop for balance
SETUP	Stand on one foot, fingertips on a wall for balance only.
HOW TO DO IT	Rise as high as you can onto the ball of your foot and hold at the top with the knee straight.
EASIER	Keep both feet down and hold, or hold a countertop and take some weight through your hands.

5-MIN: HOLD 30-45 SEC, 1 SET PER LEG
10-MIN: 2 sets per leg, rest 60 sec after both legs

WATCH ON YOUTUBE **WATCH THESE FOUR EXERCISES**
Full playlist, one video per exercise

NOW, LET'S RESET.

STEP 3

RETEST YOURSELF

Strong Knees After 40

Do three squats again, same narrow stance. Score the same three things: pain, depth, smoothness, and compare.

Don't just look at the pain number. Plenty of people find the number barely moves but they're getting noticeably deeper, or the movement suddenly feels smooth instead of hesitant.

> **Any one of the three improving means your knee responded.**

WHAT YOUR RESULT MEANS

Three possible outcomes. Find yours.



GREEN

RIGHT NOW

Your squat improved — less pain, more depth, or smoother movement.

Your knee responded well to this protocol. This is a very good sign, and it means the problem is not that your knee is worn out. You don't need rest. What you need is the right progression, a plan that keeps adding load at a rate your knee can absorb.



YELLOW

TOMORROW MORNING

It felt fine during the routine, but the next day your knee was worse or stiffer.

The dose was too high. This isn't a sign your knee is damaged, it's just irritated. Next time shorten the holds or use the easier version of each exercise. Then rebuild slowly. If you keep landing here no matter how far you cut back, that's a sign you need something more specific.



RED

RIGHT NOW

It got worse during the routine, or it keeps flaring no matter how you reduce.

Stop guessing. Something is going on that a general guide can't identify, and grinding away at the wrong routine will cost you time. You need a proper assessment and a plan built for your knee specifically.

WHATEVER COLOR YOU LANDED ON

Keep doing this routine 2–3 times per week on non-consecutive days and follow the two rules. That alone will move you forward.

But a routine can't watch you move, can't adjust when you stall, and can't build the bridge from holding a position to running, skiing, or playing again. **That part has to be built for you.**

BEFORE YOU DO THIS AGAIN

THE TWO RULES

STRONG KNEES AFTER 40

Read these before you do this again. They matter more than the exercises — the exercises are simple, but getting the dose wrong is what keeps most people stuck for years.

RULE 1 DURING THE ROUTINE, STAY AT 3 OUT OF 10 OR BELOW

Some discomfort is fine. Most people have been taught to fear any pain at all, and that fear is a big part of why their knees never get stronger. A little is okay. Above a 3, or anything sharp or climbing, means adjust the exercise or stop it.

PAIN SCALE

SCORE IT DURING THE ROUTINE





Bonus signal: if the second set feels better than the first, that's a green light. It means you're on the right track.

RULE 2 THE NEXT DAY IS THE REAL TEST

This is the one that counts, and it's the one almost everybody ignores.

If you wake up the next day and your knee feels worse or stiffer than before, the dose was too high. It doesn't matter how good it felt during the session. Next time: cut the sets in half, cut the hold time, or use the easier version. Then build back up from there.

THE WHOLE METHOD IN ONE LINE

TEST › DO THE PROTOCOL › RETEST › CHECK AGAIN TOMORROW

Your knee is giving you feedback constantly. These two rules are how you read it.

WHY LISTEN TO ME

MY STORY

STRONG KNEES AFTER 40

Over 27 years of coaching

Former celebrity trainer to Sir Richard Branson, Ricky Martin and Robert Downey Jr. Hundreds of CEOs, founders and high performers.

I've had knee pain since I was 18. Too much skateboarding and karate. I figured my knees were just permanently damaged, and I was going to have to find a way to live with them.

Although I got them stronger in my 20s, they always bothered me.

For nearly twenty years, that's what I did. I trained around my knees. I used knee braces, knee rehab exercises, foam rolling, stretching, massages, and more.

I got good enough at training around pain that I built a career helping other people train around theirs. But nothing was actually healing.

Then, closing in on my black belt at 47, I finally asked a question I hadn't asked in fifteen years: **"Is age really the problem here, or has nobody ever shown me how to fix this?"**

I spent the past two years going deep, studying what the best physical therapists in the world do to get injured athletes back to sport, and testing all of it on myself and on my clients.

Today I don't wear knee braces. Not for training, not for competing, not at all. I run, I sprint, I train jumping on purpose, and at 49 my knees work better than they did at 29.

Here's what I want you to take from that: **there's almost no reason to have bad knees.** If you know what training to do and what to do when you get a flare-up, you will not have bad knees. And there's a good chance you don't need surgery. Even if you do, the best thing you can do for that outcome is walk in with your knees as strong as you can get them.



THEN Training in knee braces



NOW Back on the mats, no braces

THERE IS NO MIRACLE. BUT THERE IS A METHOD.

Everything in this guide is what I actually use, on myself, and with the men and women I coach.

WHAT'S NEXT

STRONG KNEES AFTER 40

WHERE TO GO FROM HERE

Three routes. Pick the one that matches where you are.

1 USE THE GUIDE

If this gave you relief, you already have something that works. Do it 2–3 times per week on non-consecutive days and follow the two rules religiously. Test, retest, and check the next morning every time.

2 LISTEN TO THE KNEE PAIN SERIES

The R3 Method podcast series explains why knee pain often lingers, and what it takes to get back to golf, tennis, and hard training without surgery or guesswork.

- **Part 1: How Men Get Back to Golf, Tennis, and Training Hard, Without Surgery or Guesswork**
- **Part 2: Meniscus Tears: Is Surgery or Physical Therapy The Best Option?**
- **Part 3: Should You Rest Or Keep Moving After A Knee Injury? Use This Simple Rule**

APPLE PODCASTS | OTHER PODCAST APPS

3 BOOK A BLUEPRINT CALL

Only 3 spots left for August.

If you're serious about fixing your knee pain and getting back to golf, tennis, skiing, training, hiking, or travel without your body dictating the terms, let's talk.

We'll go through where your knee is now, what's actually driving it, and what a plan built for you would look like. No pitch. Just a straight conversation.

BOOK YOUR BLUEPRINT CALL WITH TED

Disclaimer: This guide is for general educational purposes only and isn't medical advice. It doesn't replace an assessment from a qualified healthcare provider. Consult your doctor before starting, especially if you have an existing injury or condition.