Knee Recovery and Speed Workout Routine

3 sets:

A1: Farmer Split Squat
8-12 reps each leg (Slow and Controlled down, Torque foot and do not let the knee cave in.)

A2: Romanian Deadlift with KB
8-12 reps

Rest 90 seconds between sets

3 sets:

B1: Heel Elevated Goblet Squat
8-12 reps (2-3 second controlled down, quick stand.)

B2: Kickstand Deadlift to Platform
8-12 reps

Rest 90 seconds between sets

3 sets:

C1: Terminal Knee Extension (TKE)
8-12 reps each leg (Slow down, quick push, hold for 1-2 seconds)

C2: Prone Banded Hamstring Curl
8-12 reps

Rest 90 seconds between sets

Cash-out - 3 sets

D1: Single Leg Clamshell
12-15 reps (Have your body positioned in a 7 iron position.)

D2: Glute Bridges
12-15 reps

Rest 90 seconds between sets

Do the exercises twice a week with at least 48 hours of rest between sessions.