

2-Day Gym Program for Bodybuilders with Bad Knees

This program combines knee-protective rehabilitation exercises with targeted hypertrophy training, as detailed in your blog post.

You can copy and paste the markdown table below directly into WordPress or Word (most versions handle table formatting correctly).

Effective 2-Day Gym Program: Knee Rehab & Muscle Mass Guide

Day	Muscle Focus	Exercise	Sets	Reps / Duration	Notes
DAY 1	Upper Body Hypertrophy & Knee Rehab				
Rehab/Warm-up	Quads/Knees	1. Straight Leg Raises (SLR)	3	10-15/leg	Contract quad hard, raise leg 8 inches. Slow and controlled.
Rehab/Warm-up	Quads/Knees	2. Terminal Knee Extensions (TKEs)	3	15-20/leg	Use a band behind the knee. Focus on full quad lockout.
Hypertrophy	Chest	3. Dumbbell Bench Press	3	8-12	Use flat or slight incline; focus on time under tension.

Hypertrophy	Back	4. Cable Row (Seated)	3	10-15	Use a neutral grip to reduce shoulder strain.
Hypertrophy	Shoulders	5. Dumbbell Lateral Raise (Seated)	3	12-15	Use a machine or be seated to eliminate leg drive.
Hypertrophy	Arms	6. Biceps Curl (Cable or Dumbbell)	3	12-15	Controlled movement; avoid swinging.
Hypertrophy	Arms	7. Triceps Pushdown	3	12-15	Use cables for low joint stress.
Core	Abs	8. Plank (or Swiss Ball Rollout)	3	45-60 seconds	Focus on core bracing, not knee flexion.
DAY 2	Lower Body Knee-Friendly Hypertrophy & Core				
Rehab/Warm-up	Glutes/Hips	1. Glute Bridge (or Hip Thrusts)	3	15-20	Focus on glute squeeze at the top; avoid hyperextension.

Rehab/Warm-up	Hamstrings	2. Hamstring Curls (Machine/Prone/Seated)	3	10-15	Use a machine for isolation; controlled negative (lowering).
Hypertrophy	Quads	3. Partial Range Leg Press	3	15-20	Light weight only. Stop before knee angle reaches 90 degrees.
Hypertrophy	Glutes/Quads	4. Box Step-Ups (Low Height)	3	10-12/leg	Use a box that keeps knee flexion minimal (6-12 inches).
Hypertrophy	Back	5. Lat Pulldown	3	8-12	Heavy pulling movement for upper body mass.
Hypertrophy	Shoulders	6. Machine Overhead Press	3	10-12	Machine provides support, reducing need for stabilization.
Hypertrophy	Calves	7. Calf Raises (Standing or on Leg Press)	4	15-25	Focus on full range of motion at the ankle.

Conditioning	Full Body	8. Low-Impact Cardio	1	20-30 minutes	Bike (low resistance) or Swimming (if available).
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Also - daily 1 or 2 sets of tib raises and backwards walking