

Knee Bend Test: the 90 degree rule

Knee Bends – A KEY factor for Wakeboarding

Challenge yourself to see how you bend your knees. Can you keep your balance when you squat down without your knees moving forward? Notice the difference between the body positions in the two pictures. If you are a Type two learn how to squat down the other way and you will increase your wakeboarding pop and balance immensely!



If you strengthen your legs beyond that you can better prepare your legs, core, and back for bigger jumps with bigger, more consistent, powerful landings.

If you continue to go big on your board and bend the wrong way you will probably blow your knee out. 1 of 3 people in this world have bent their knees the wrong way their whole life and never realized they were supposed to do it a different way. **100% of the people I've coached who have complained of knee pain bend the incorrect way!!!**



One way of squatting down rests your body weight on your ligaments and joints. The other way isolates your muscles to handle the stress and power the movement.

This relates to wakeboarding another way. Each style of squatting down distributes your body weight differently. (need pics here). When riders are naturally bending the wrong way their pop is inconsistent and lower because their body weight is **behind** the board. Once riders develop the proper strength and technique their form changes for the positive, with the rider gaining softer landings, better posture, better balance, and more lift.

Practice sets of 20 reps, squatting down and picking up a pencil (or up to 50 lb. weight) off the floor and standing up all the way until your hips are locked forward and your butt muscles are clenched. Vary your stance width to work different muscles.

Emphasize the stance width you'd have on your board. Go up and down in squat position without your lower leg rolling forward. They should remain pretty still. Keeping the bend at your angle and bend at your knee 90 degrees.

Watch your form and make sure you're keeping the 90 degree angle rule. If your knee goes forward over your toes you are not doing it right.

Go slow in the beginning and build up to doing sets with weights, with jumps, with high knee jumps, jumps onto blocks, your trampoline, and work on the landing form taking the force and going into proper squat position.

Explosive movements like high knee jumps work the muscles you use to explode off the wake.

Think of ways that build your power and go big with it. Keeping focus on clean landings dials your form and builds power and stability for later when you ride.

Adam Fields