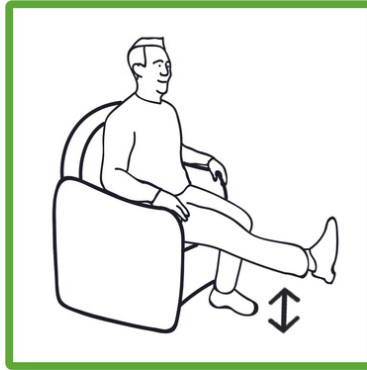
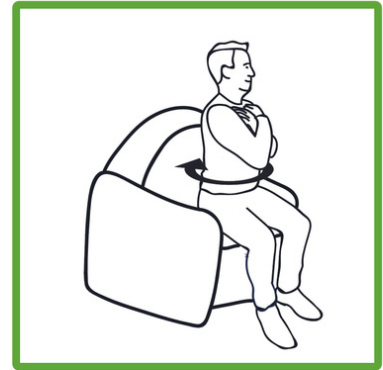




SIT TO STAND
(UP TO 15 TIMES)



LEG EXTENSION
(10-15 TIMES)



SPINE ROTATIONS
(5-6 EACH SIDE)



SIDE LEG RAISES
(10-15 EACH)

**STRENGTH AND
BALANCE
EXERCISES TO
DO IN THE
COMFORT OF
YOUR OWN
HOME.**



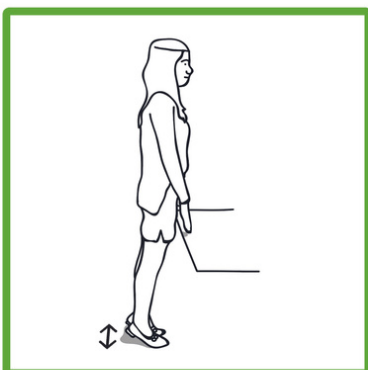
MINI SQUATS
(UP TO 15)



STAND ON ONE LEG
(UP TO 30 SECS)



TANDEM STANCE
(UP TO 30 SECS)



CALF RAISES
(10-15)



HAMSTRING CURLS
(10-15)



TOE RAISES
(10-15)