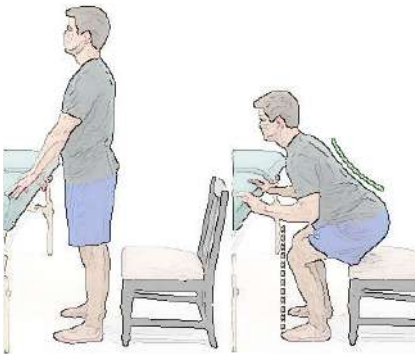


MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 20 Times



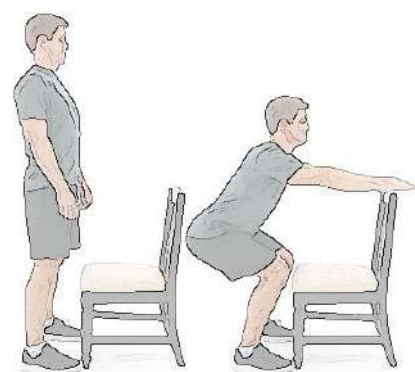
SQUAT - SUPPORTED WITH CHAIR FOR SAFETY

Place a chair behind you for safety.

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 20 Times



SQUAT - CHAIR AS GUIDE

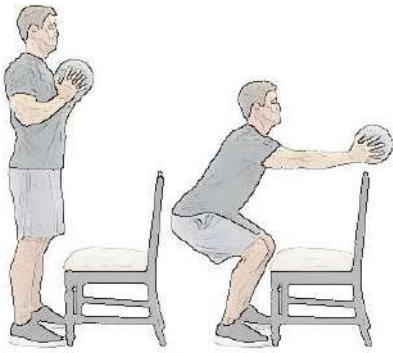
While standing with feet shoulder width apart and in front of a chair that is facing you, bend your knees and lower your body towards the floor. The chair seat is a guide so that your knees do not pass over your toes.

Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass beyond the toes.

Repeat 20 Times

SQUAT WITH BALL - CHAIR AS GUIDE



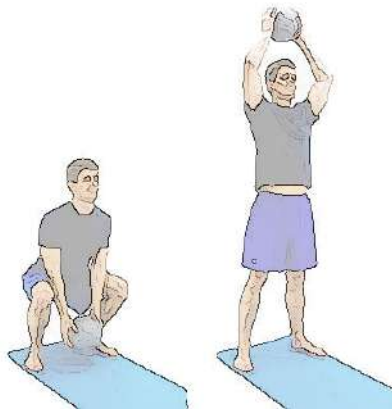
While holding a ball and standing with feet shoulder width apart and in front of a chair that is facing you, bend your knees and lower your body towards the floor. The chair seat is a guide so that your knees do not pass over your toes.

Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass beyond the toes.

Repeat 20 Times

MEDICINE BALL - SQUAT LIFTS



Start in the squat position while holding a medicine ball low to the ground. Next, stand up from the squat position as you raise the ball overhead.

Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Repeat 20 Times