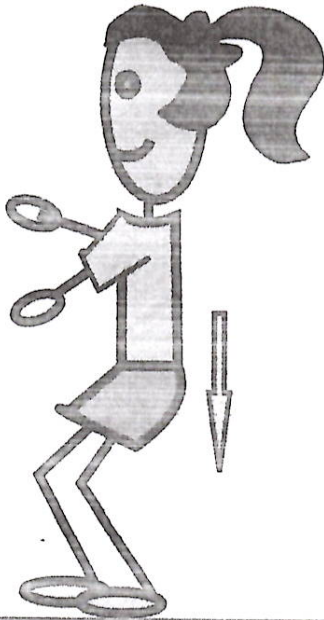
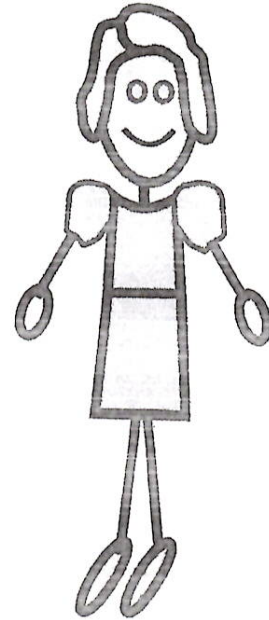


Squats



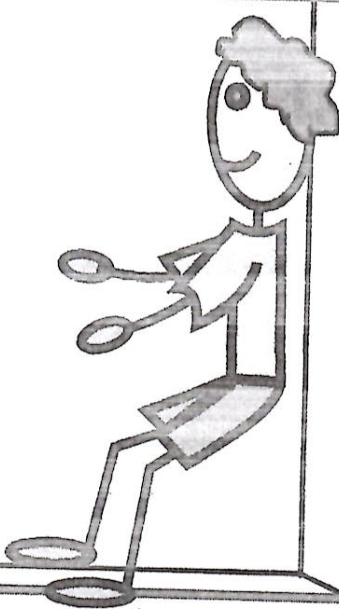
- Stand with feet shoulder width apart
 - Slowly bend knees and squat
 - Slowly return to standing position
- x 10 times**

Toe Raises



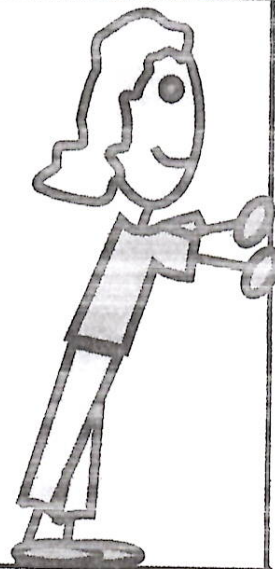
- Go up on toes with knees straight
 - Slowly lower heels back to floor
- x 10 times**

Wall Squats



- Place feet about 12-24" from wall
 - Lean back against wall
 - Slowly bend knees and squat
 - Hold position
- For 10 seconds**

Wall Push Ups



- Place feet about 12" from wall
 - Place hands on wall
 - Push against wall
- For 10 seconds**