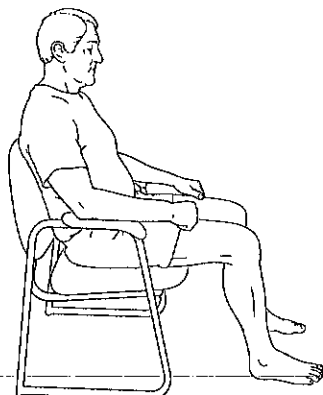


SEATED: BUTTOCKS SQUEEZE

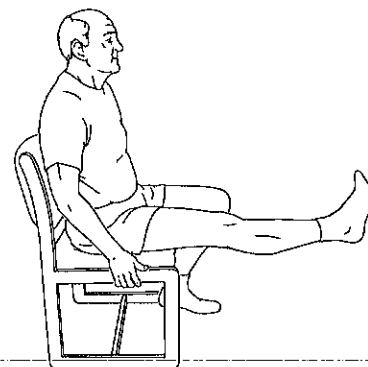
SITTING IN CHAIR -  
SQUEEZE BUTTOCKS  
TOGETHER WHILE  
COUNTING TO 10.



SEATED: QUAD STRENGTHENING

TIGHTEN MUSCLE IN  
TOP OF THIGH AND  
STRAIGHTEN OUT  
KNEE. HOLD 5  
SECONDS.

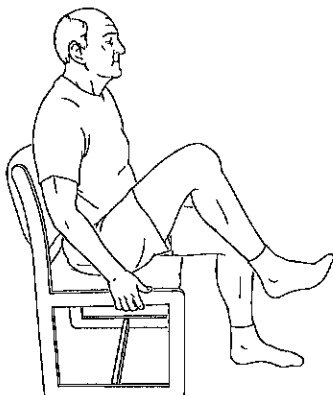
REPEAT WITH OTHER  
LEG.



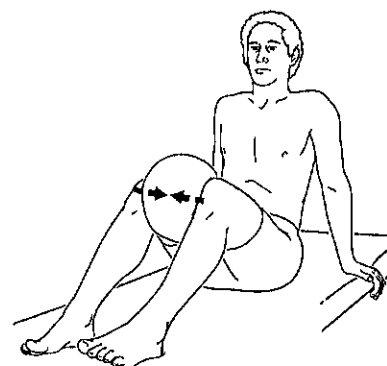
SEATED: HIP FLEXION

SEATED IN CHAIR - LIFT  
KNEE AND THEN LOWER  
IT.

REPEAT WITH OTHER  
LEG.



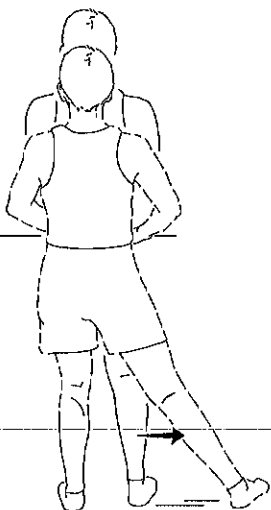
SEATED: HIP ADDUCTION



SEATED IN CHAIR WITH FEET FLAT ON FLOOR -  
PLACE FOLDED BILLOW OR BALL BETWEEN  
KNEES. SQUEEZE KNEES TOGETHER AND HOLD  
FOR 5 SECONDS.

**STANDING: HIP ABDUCTION**

STANDING - HOLD ON TO SECURE SURFACE FOR BALANCE. WEIGHT SHIFT ON TO ONE FOOT; SWING OTHER LEG OUT TO SIDE. RETURN TO STANDING POSITION.



REPEAT WITH OTHER LEG.

**STANDING: HIP EXTENSION**

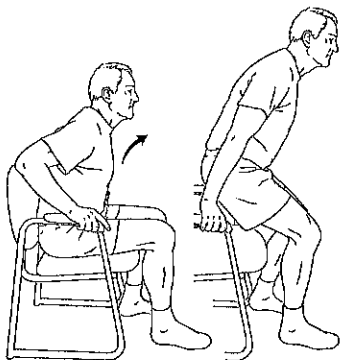
IN STANDING POSITION - HOLD ON TO SECURE SURFACE FOR BALANCE. WEIGHT SHIFT ON TO ONE LEG - EXTEND OTHER LEG BACKWARDS. RETURN TO STANDING POSITION.



REPEAT WITH OTHER LEG.

**STANDING UP/SITTING DOWN - CHAIR**

HOLDING CHAIR, SCOOT TO FRONT OF SEAT. LEAN FORWARD FROM HIPS. PUSH WITH ARMS ON ARMREST OF CHAIR AND STAND IN ONE CONTINUOUS MOTION.



REVERSE PROCESS TO SIT DOWN.

**STANDING - ALTERNATING FORWARD STEPS**

STANDING POSITION - HOLD ON TO SECURE SURFACE FOR BALANCE. WEIGHT SHIFT ON TO ONE FOOT; TAP OTHER FOOT ON FLOOR IN FORWARD POSITION AND RETURN TO STANDING. REPEAT WITH OTHER FOOT IN ALTERNATING PATTERN.

