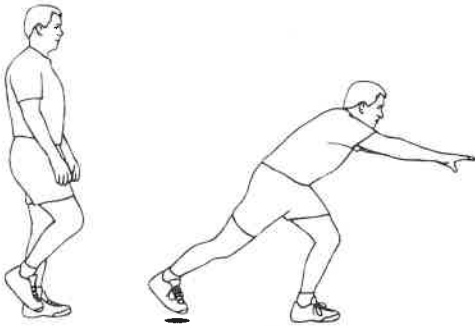


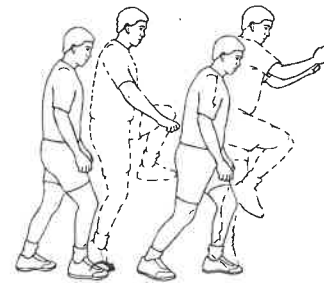
LOWER EXTREMITY - Squat: Single Leg



Stand on left foot. Reach forward for balance and squat. Keep knees in line with second toe. Knees do not go past toes. Reach non-stance leg back for balance.

Repeat 10 times. X Repeat with other leg for set. Rest 30 seconds after set. Do 2-3 sets per session.

LOWER EXTREMITY - Skip



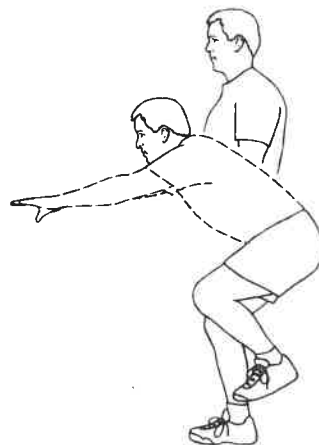
Step forward on right foot then drive left leg up and forward while hopping on right. Land on left foot. Continue by hopping on left foot while driving right leg up and forward.

Pattern: Step right, Hop right, Land left, Hop left

Repeat 4-6 times per set. Rest 20 seconds after set. Do 1-2 sets per session.

LOWER EXTREMITY - Mini Squat: Single Leg

Stand on right foot. Reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes. Keep knees together.



Repeat 8-10 times. X Repeat with other leg for set. Rest 30 seconds after set. Do 1-2 sets per session.

LOWER EXTREMITY - Band Walk: Zig Zag

If have a band - Tie band around legs, just above knees. Walk forward in a zig zag pattern. Without turning, walk backward to start for one zig zag.

Repeat 6-8 zig zags per session.

Note: Small towel between band and skin eases rubbing. Or do without band.

