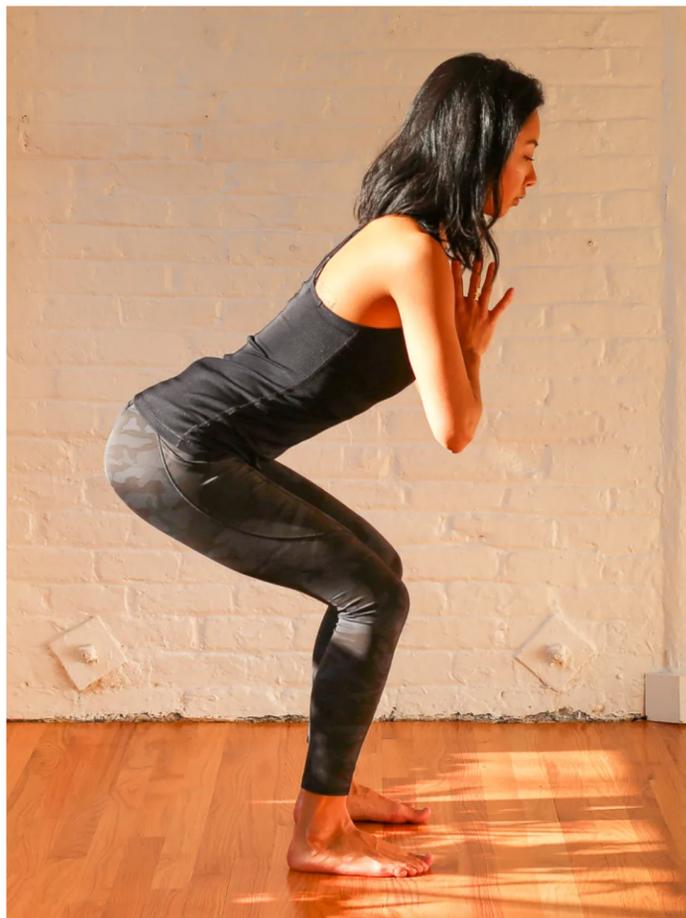


Balance and Stability

Hold each pose for 15-30 seconds
Repeat 10-20x on each side

SQUAT



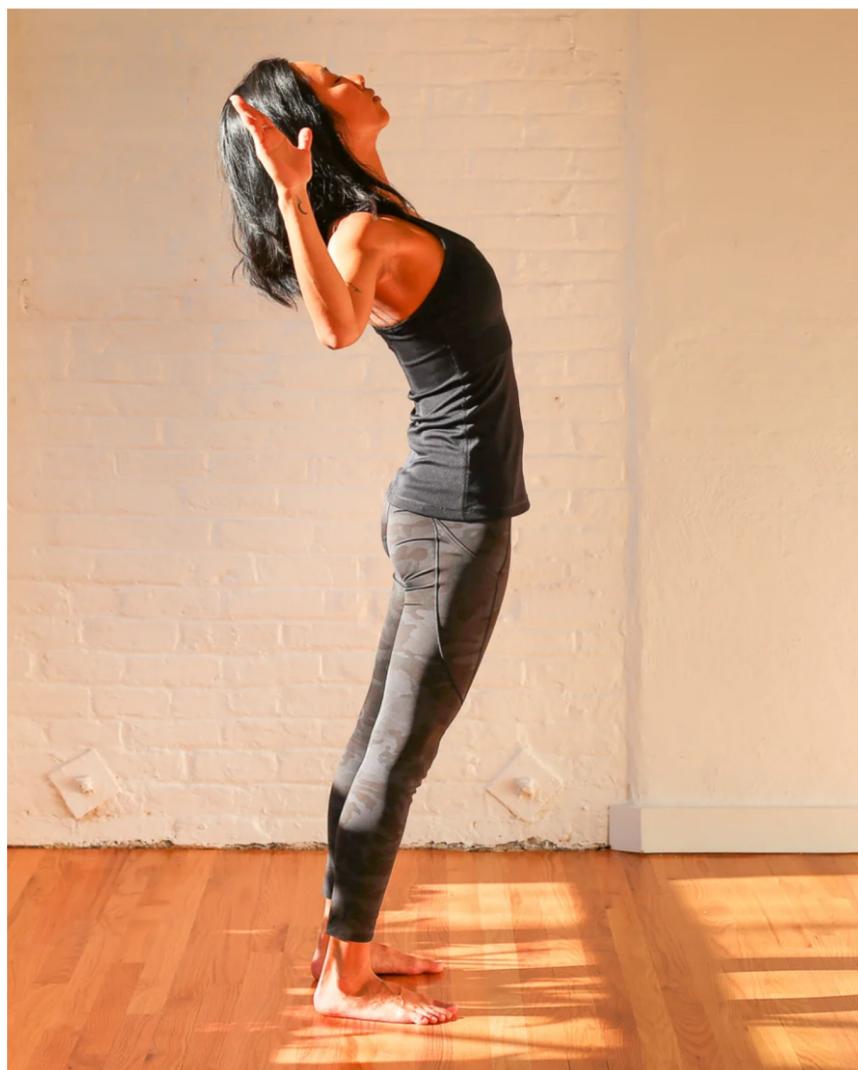
STANDING KNEE HUG



HIP CIRCLES



SLIGHT BACK BEND WITH CACTUS ARMS



EXTENDED LEG SQUAT

