

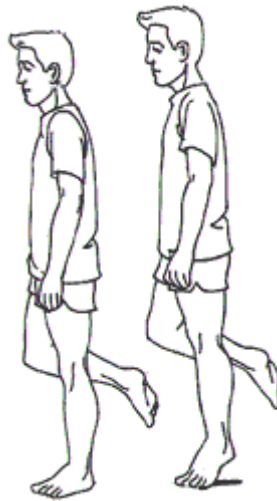
Exercise on One Leg



Standing on one leg, slowly lower your leg to the ground only touching your heel then straighten the leg back up again.

Once finished with the left side, do the same exercise on the right.

Repeat: 10 times
Sets: 3
Hold Time: 2 seconds



Standing on one leg, raise your heel off the ground and slowly lower it back down.

Once finished with the left side, do the same exercise on the right.

Repeat: 10 times
Sets: 3
Hold Time: 2 seconds



Lying on your back with the knees bent and both feet on the floor, lift your bottom off the ground. While keeping your bottom off the ground, straighten one leg as illustrated. Repeat on the other side, and then lower your bottom down.

Repeat: 20 times on each side

Sets: 1

Hold Time: 2 seconds