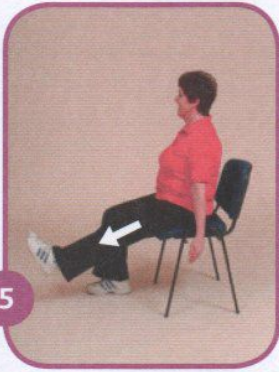




4. Knee Lift

From Posture Perfect, slowly lift your right leg bringing your knee towards the ceiling. Pause for a breath before slowly lowering the leg to the start position. Repeat with left leg.



5. Leg Extension

From Posture Perfect, slowly extend your right leg until your knee is straight. Pause for a breath before slowly returning to start position. Repeat with left leg. Do not lock/snap out your knee. Keep both knees in line with each other.



6. Chair Stand

From Posture Perfect, put your arms by your side or crossed over your chest. Keeping your back straight, lean forward slightly and rise slowly to a standing position. Use your legs and not your arms. Pause for a breath before slowly returning to the Posture Perfect position. Do not flop.



7. Step and Dip

Start from a standing position, feet shoulder-width apart, right side to the back of the chair. Place your right hand on the back of a chair for support. Take a large step forward with your left foot and dip very slightly. To avoid putting pressure on knee joints, do not let your knee travel beyond your toes. Keep your knee at a 90-degree angle with your ankle. Pause for a breath before pushing back to the start position with your left leg.

