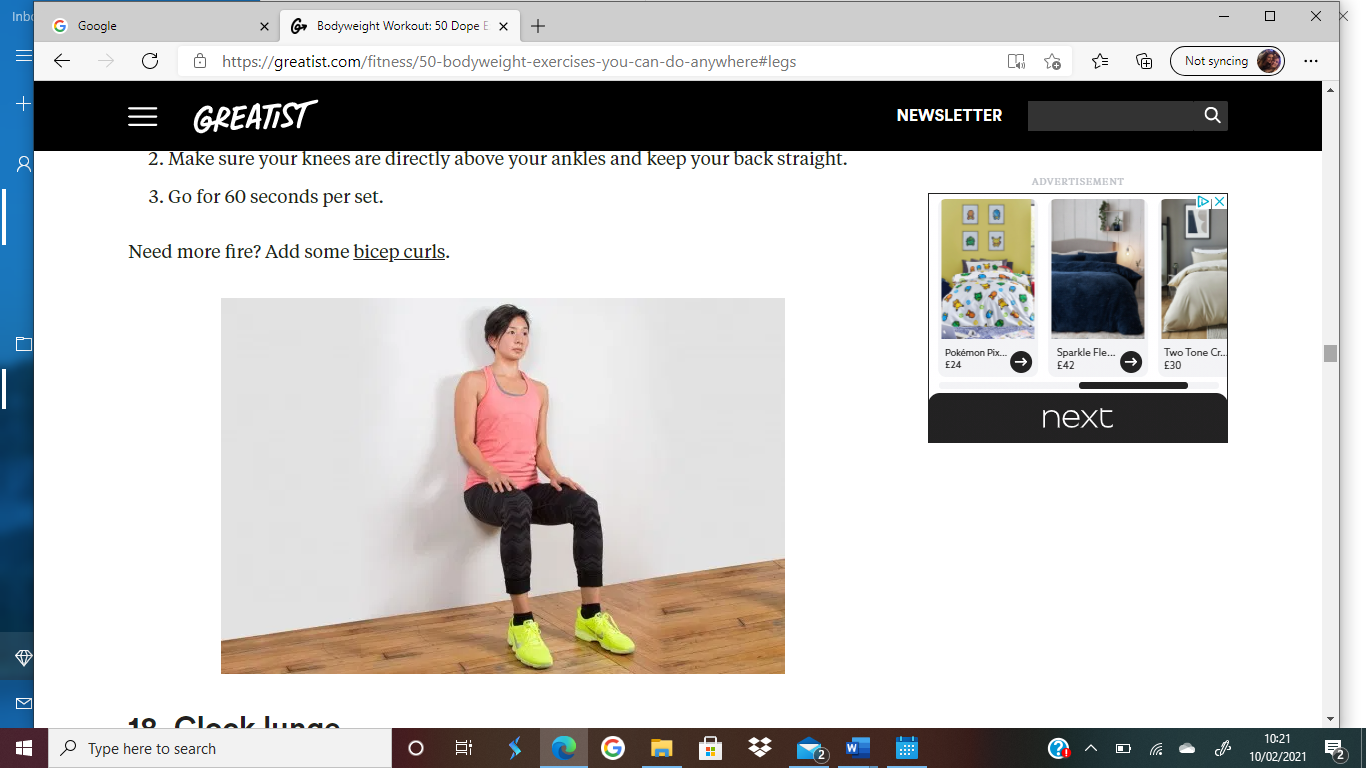
Leg exercises

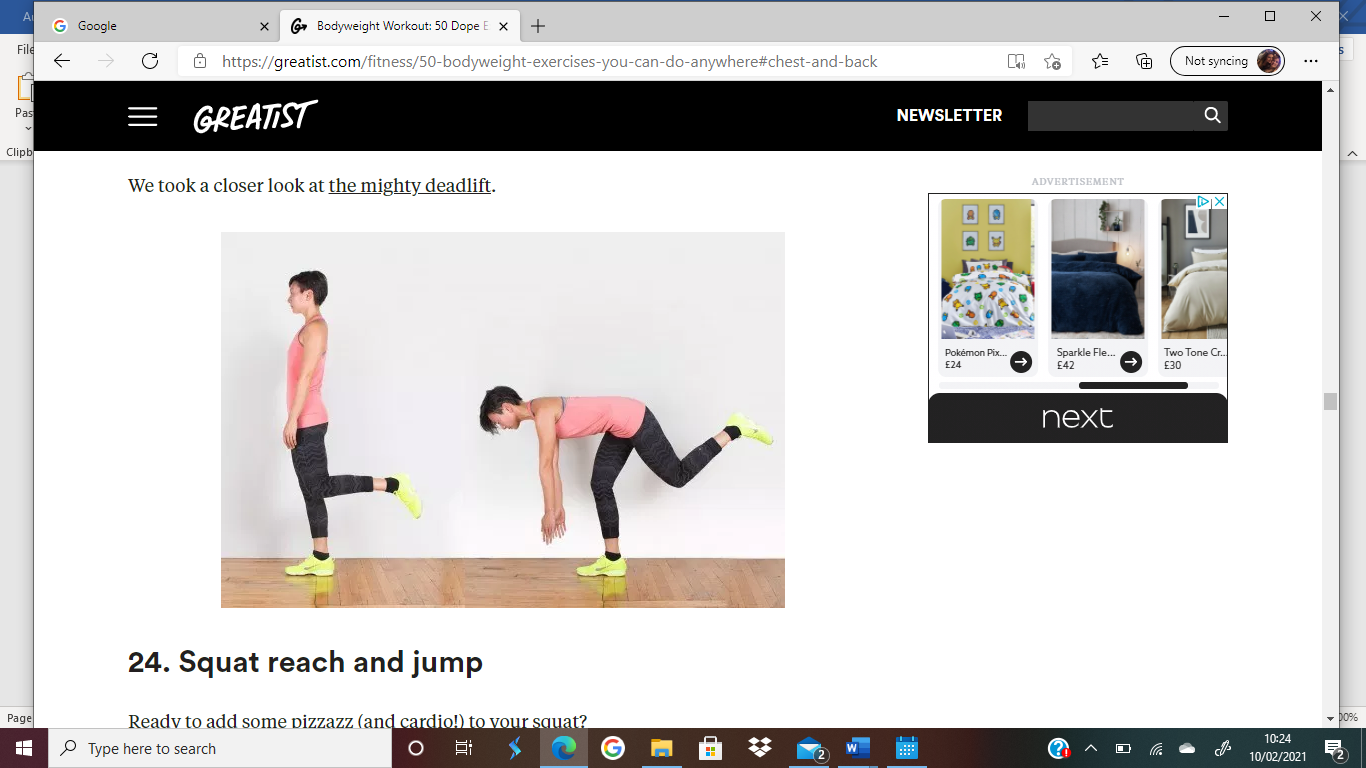
1. Wall sit – hold for 30 seconds

* Slowly slid1e your back down a wall until your thighs are parallel to the floor.
* Make sure your knees are directly above your ankles and keep your back straight.



1. Single leg dead lift – 10 reps on each leg

* Start in a standing position with your feet together.
* Lift your right leg slightly.
* Lower your arms and torso while raising your right leg behind you.
* Keep your left knee slightly bent and reach your arms as close to the floor as possible.
* Raise your torso while lowering your right leg.
* Switch legs.



1. Squats – 10 reps

* Stand with your feet about shoulder-width apart and slightly turned out with your weight in your heels.
* Sit your back and bend your knees until your thighs are parallel to the ground.
* Drive through your heels to stand back up straight. Keep your core tight as you stand.

