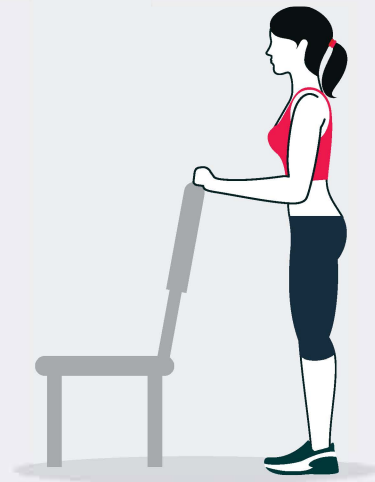


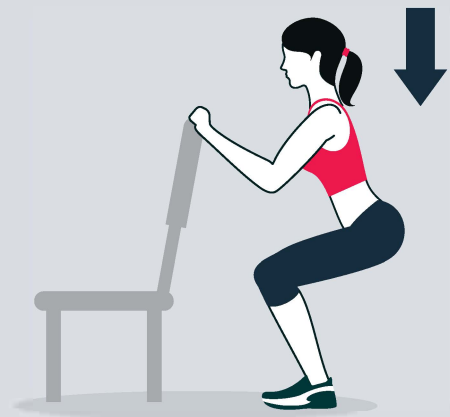
A

Rest your hands on the back of a chair or sturdy object for balance and stand with your feet hip-width apart.



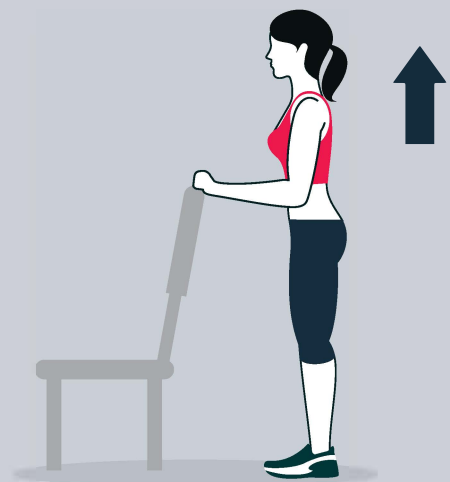
B

Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Ensure your back is straight at all times.



C

Gently come up to standing, squeezing your buttocks as you do.



REPEAT FIVE TIMES.