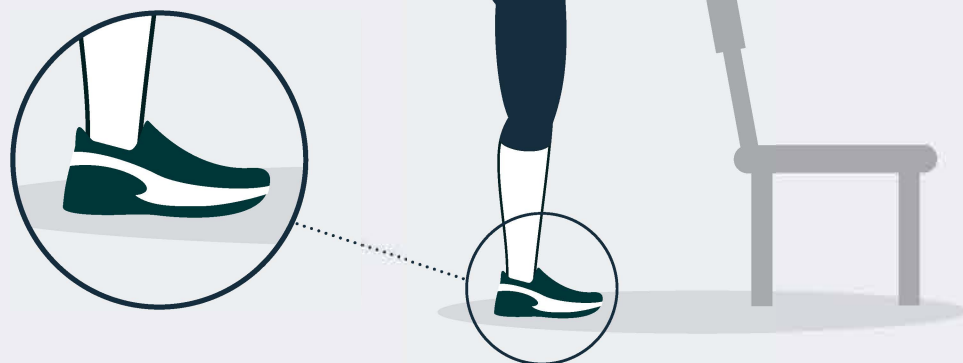


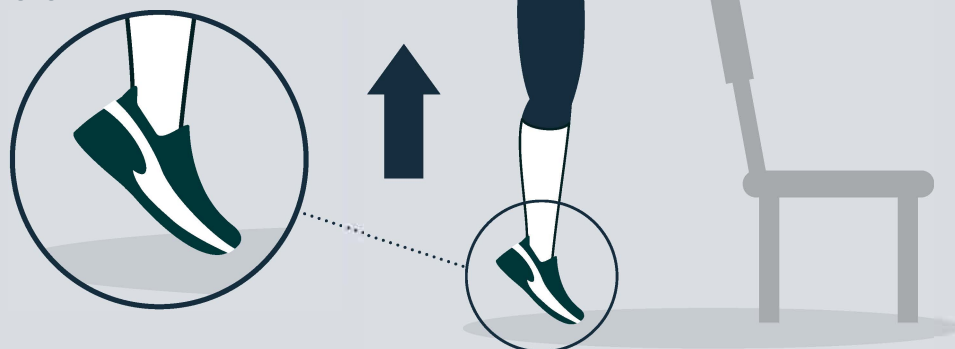
A

Rest your hands on a chair or sturdy object for balance.



B

Lift both your heels off the floor as far as is comfortable. The movement should be slow and controlled.



REPEAT THIS EXERCISE FIVE TIMES. FOR INCREASED DIFFICULTY, PERFORM THIS EXERCISE WITHOUT SUPPORT.