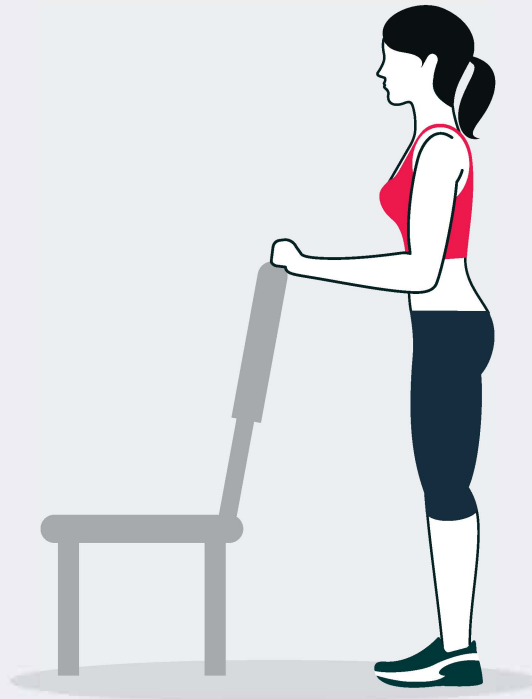


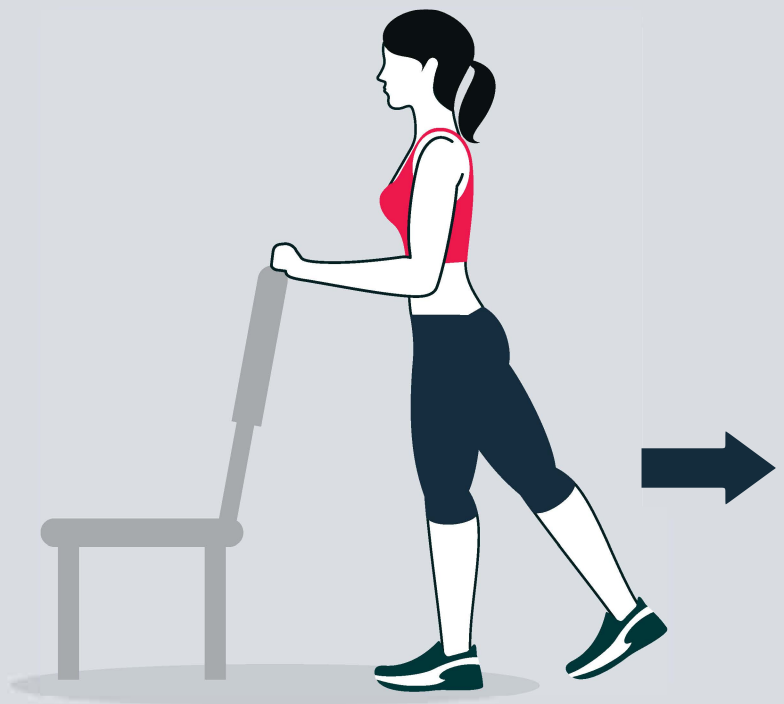
A

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



B

Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with your other leg.



FOR UP TO FIVE SECONDS HOLD THE LIFT AND REPEAT FIVE TIMES WITH EACH LEG.