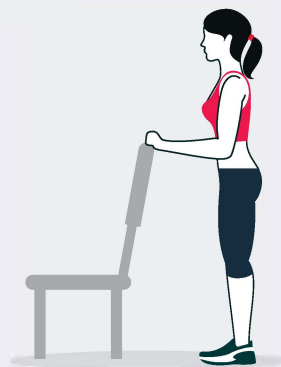


A

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



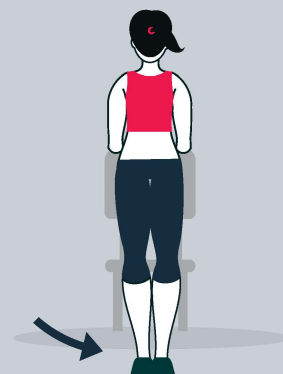
B

Raise your left leg to the side as far as is comfortable, making sure to keep your back and hips straight. Avoid tilting to the right.



C

Return to the starting position.



D

Now raise your right leg to the side as far as possible.



RAISE AND LOWER EACH LEG FIVE TIMES.