

A

Sit on the edge of the chair with your feet hip-width apart. Lean slightly forwards.



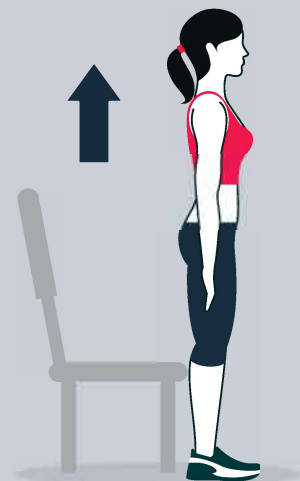
B

Stand up slowly, using your legs, not your arms. Look forward, not down.



C

Stand upright before slowly sitting down, bottom-first.



AIM FOR FIVE REPETITIONS - THE SLOWER THE BETTER.