

Get On Your Feet...And Stay There!

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Ankle Circles: 15 Circles In Each Direction



Hip Circles: 15 Circles In Each Direction

These Exercises Are Not Intended To Diagnose or Treat Any Disorder. Use Caution When Performing These Exercises. Consult Your Physician Before Beginning Any New Exercise Program.

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Chair Squats: 2 sets x 15 repetitions



Side Steps: 4 Steps Each Direction (Repeat 4X)