





这个就可以模拟 something it's simulating your foot being connected

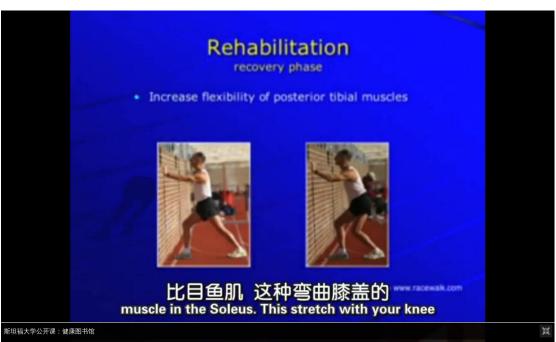
Side-Lying Leg Lifts





我们常常发现病人们十分脆弱 this happens all the time, the patients are so weak I











Stride Flaw

Overstriding (severe heel-strike)

Form Fix

Increase your stride frequency by increasing your steps per minute without increasing your pace. Also, lean forward very slightly at the trunk.

你应该努力加快节奏 you can do is try and increase your cadence space of









