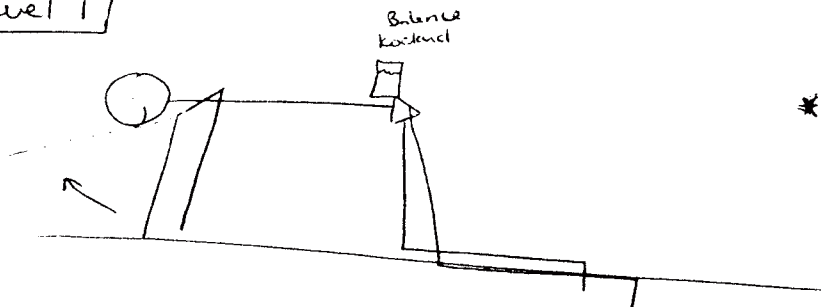


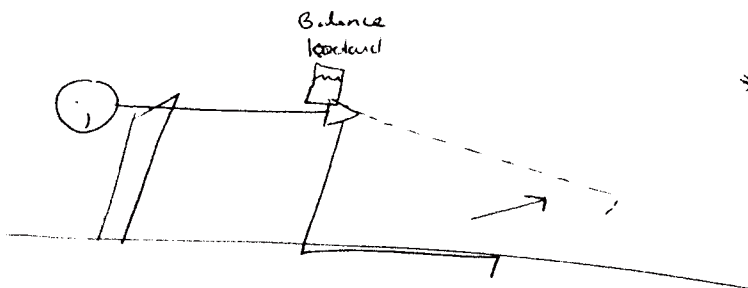
# Quadruped

## level 1



\* Arms only

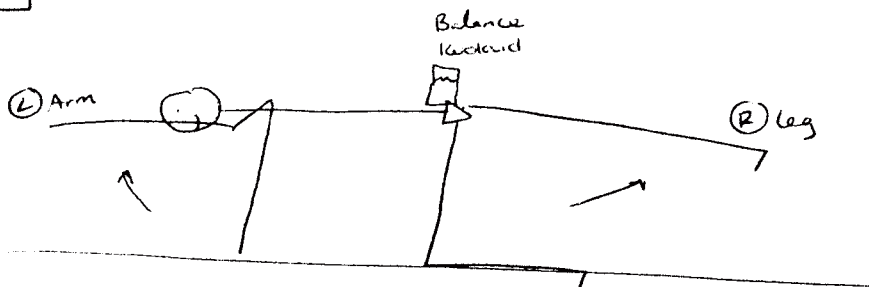
## level 2



\* legs only

- keep lift low enough  
so Back doesn't arch (At all)

## level 3



\* opposite Arm + leg

- slowly alternate sides  
- keep leg lift low so  
Back doesn't arch  
- Eventually, hold each  
side 5-30 seconds  
each