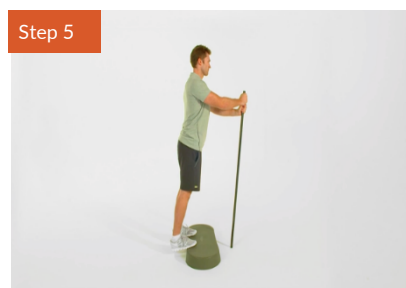


WALKING-DAILY MOVEMENT PROGRAM



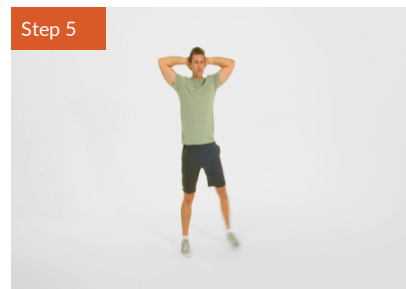
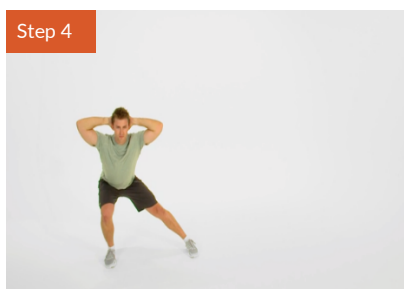
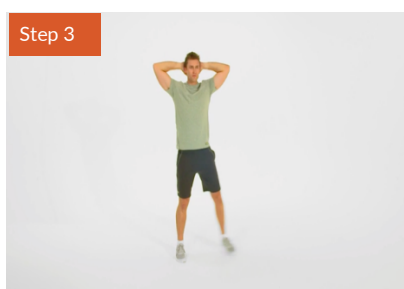
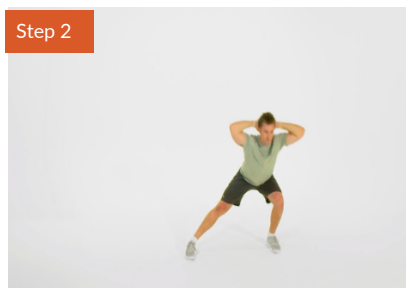
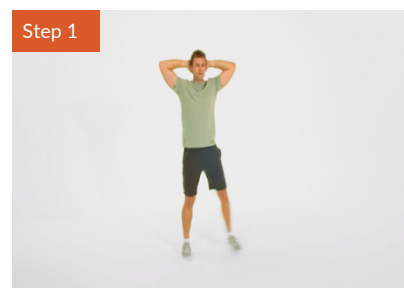
CALF RAISES

10 times



LAT LUNGE

5 times each limb



REVERSE LUNGE

5 times each limb



Step 3



Step 4



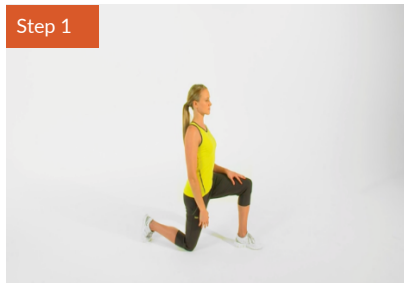
Step 5



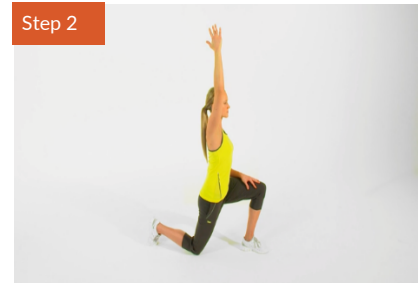
HIP FLEXOR STRETCH

3 times each for 30 seconds

Step 1



Step 2



Step 3



Step 4



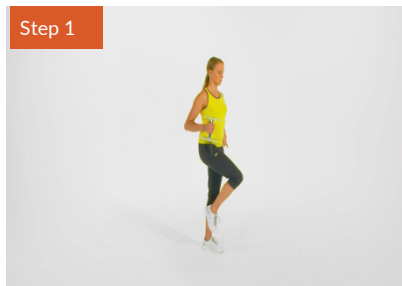
Step 5



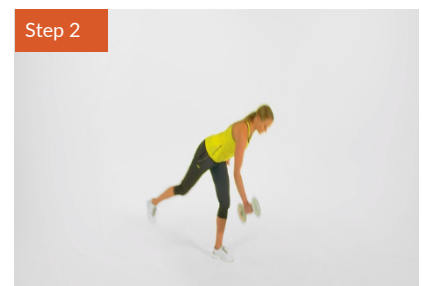
SINGLE LEG RDL

5 times each limb

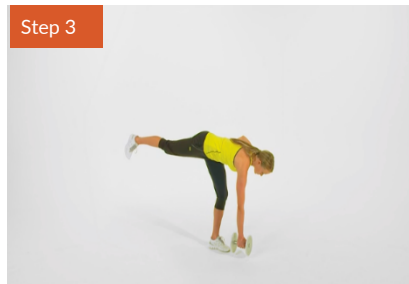
Step 1



Step 2



Step 3



Step 4



Step 5

