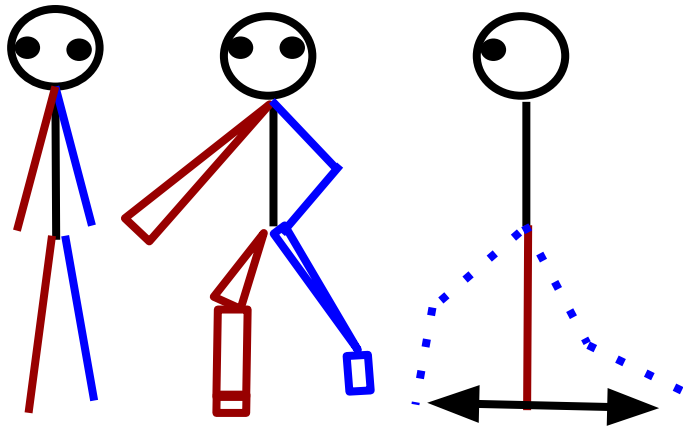
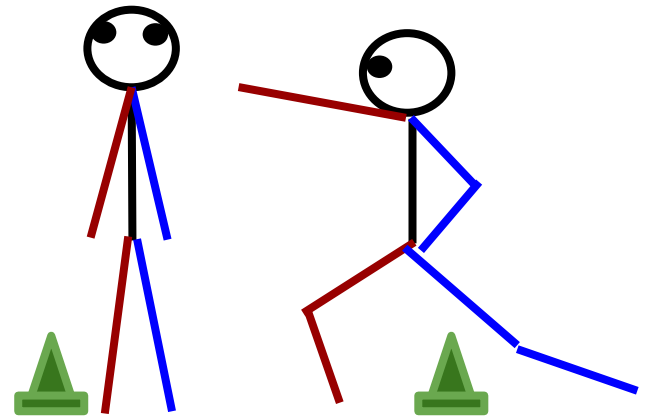


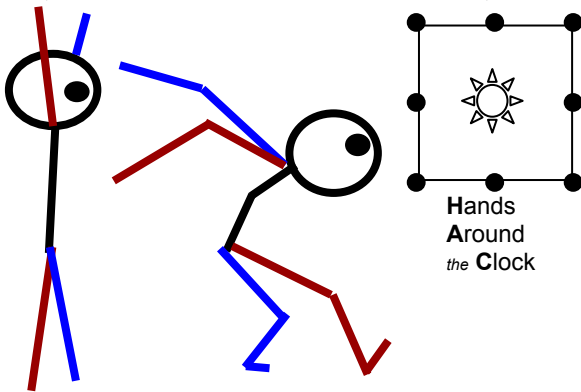
Front/Back+StepUp



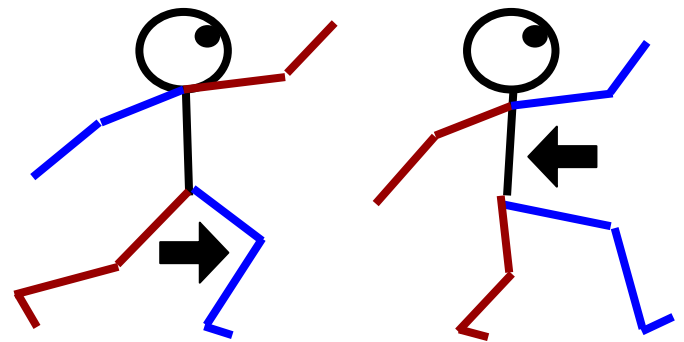
Side + StepUpOver



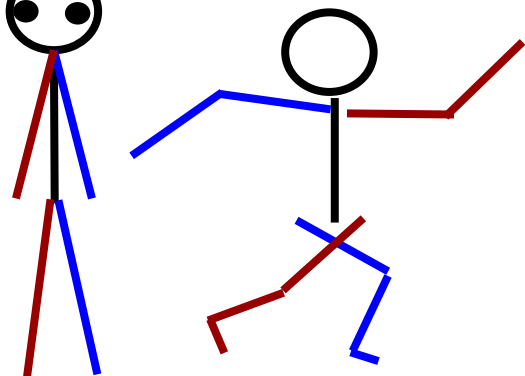
Backstep + 8 direction Step, Reach & Tap



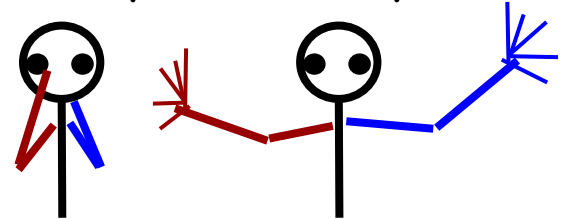
Rock 'n Reach & Arm Swings



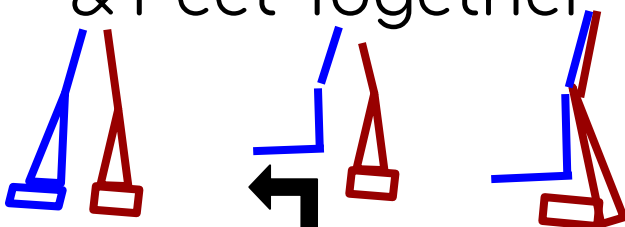
Twist & Reach



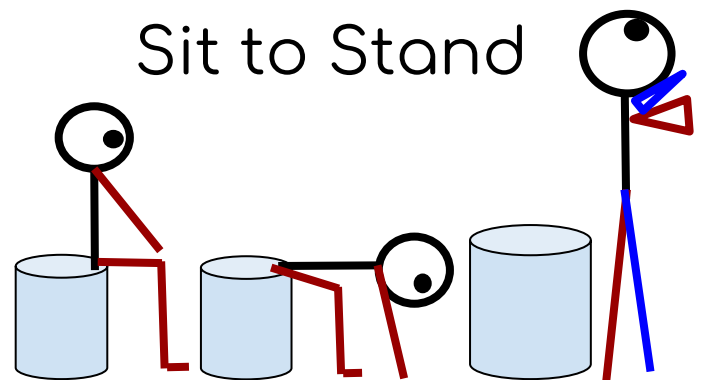
Hand Flexing 4: Front / Side & palms up/down



90 deg Turn & Feet Together



Sit to Stand



2x Daily Exercises: 20-30 for each activity, for both sides