stand -	41	1.9	0.13	0.33	0.067	0.27	2.3	0.73	1.1	0.53		- 40
ension -	0.93	19	0.067	0	0.4	1.8	1.5	0.4	0	0		- 35
Squats -	0.067	0.6	27	0.73	1.9	1.1	0.13	0.33	0.87	0		- 30
raises -	0	0	2.8	17	0.93	0.73	0.067	0.067	0.67	0.33		- 25
ep curl -	0	0	3.3	0.93	23	0.93	0.067	0.33	0.4	0.27		
r press -	0.27	2.1	0.2	0.53	0.2	28	2	0.2	0.27	0.13		- 20
sh offs -	4.9	1.7	0.067	0.73	0.2	0.33	22	0	0.27	0		- 15
g slide -	0.33	0	0.13	0.067	0.6	0.67	0.53	17	1.4	0.87		- 10
ep ups -	0.33	0	0.47	0.13	0.4	1.2	0.2	1.6	28	0.8		- 5
/alking -	0.4	0	0.067	0.13	0.13	0.33	0.067	0.6	1.4	21		0
	Sit to stand -	Knee extension -	Squats -	Heel raises - J	Biceb curl	d Shoulder press - e	<mark>த</mark> Wall push offs –	Leg slide -	Step ups -	Walking -	_	—- U
r	ension - Squats - raises - ep curl - sh offs - g slide - ep ups -	ension - 0.93 Squats - 0.067 raises - 0 ep curl - 0 r press - 0.27 sh offs - 4.9 g slide - 0.33 ep ups - 0.33 Valking - 0.4	ension - 0.93 19 Squats - 0.067 0.6 raises - 0 0 ep curl - 0 0 r press - 0.27 2.1 sh offs - 4.9 1.7 g slide - 0.33 0 ep ups - 0.33 0 Valking - 0.4 0	ension - 0.93	ension - 0.93 19 0.067 0 Squats - 0.067 0.6 27 0.73 raises - 0 0 2.8 17 ep curl - 0 0 3.3 0.93 r press - 0.27 2.1 0.2 0.53 sh offs - 4.9 1.7 0.067 0.73 ep ups - 0.33 0 0.13 0.067 ep ups - 0.33 0 0.47 0.13 Valking - 0.4 0 0.067 0.13 Valking - 0.4 0 0.067 0.13	ension - 0.93	ension - 0.93 19 0.067 0 0.4 1.8 Equats - 0.067 0.6 27 0.73 1.9 1.1 Traises - 0 0 2.8 17 0.93 0.73 Exp curl - 0 0 3.3 0.93 23 0.93 Exp curl - 0 0 0 3.3 0.93 23 0.93 Exp curl - 0.27 2.1 0.2 0.53 0.2 28 Exp of the company of th	ension - 0.93	ension - 0.93	raises - 0.067 0.6 27 0.73 1.9 1.1 0.13 0.33 0.87	rension - 0.93	ension - 0.93