Sit to stand -	27	0	1	1	2	1	1	0	4	0		- 25
Knee extension -	0	13	0	0	0	1	0	0	0	0		
Squats -	0	0	18	0	0	0	0	0	1	0		- 20
Heel raises -	0	0	0	17	0	0	1	0	0	0		
Bicep curl -	0	0	0	0	23	0	0	0	0	0		- 15
Shoulder press -	0	1	0	0	0	27	0	0	0	0		
Wall push offs -	0	0	0	0	0	0	17	0	0	0		- 10
Leg slide -	0	0	0	1	0	1	1	8	3	1		
Step ups -	0	0	0	0	0	0	0	0	16	0		- 5
Walking -	0	0	0	0	0	1	0	0	0	13		
Sit to stand Reet side Squate Bicep Curl Led Stide Step ups Walking												