**Staggered Power Knee Stance**

**Equipment**: Chair

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Step to one side of your chair and hold on for balance.
2. Step back with your right leg, then lift your knee up to waist level.
3. Bring your leg back down and repeat.
4. Complete 10 high-knee movements on your right side.
5. Then, step to the other side of the chair and repeat the movement for 10 reps on your left leg.