

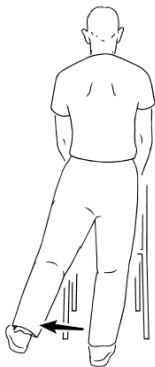
Sit to Stand

1. Sit on a normal height chair.
2. Place your feet behind the knees.
3. Lean forwards over your knees.
4. Push off to stand up with the help of **one** or **both** hands.
5. Repeat 5 to 10 times.



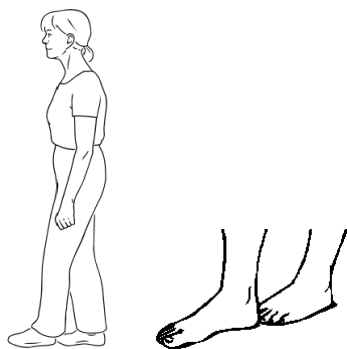
Hamstrings

1. Stand up tall. Hold onto a table for support.
2. Bend your knee, bringing your foot towards your bottom.
3. Return to the starting position.
4. Repeat 8 to 15 times each side.



Hip Abductors

1. Stand up tall. Hold onto a table for support.
2. Keep your exercising leg straight and the foot pointing straight forward.
3. Lift the leg to the side and back to the centre.



Heel Toe Walking

1. Stand up tall beside a table. Hold on to the table.
2. Place one foot directly in front of the other so they form a straight line.
3. Place the foot behind directly in front.
4. Repeat for **10 steps**.
5. Turn around.
6. Repeat 5 to 8 times.