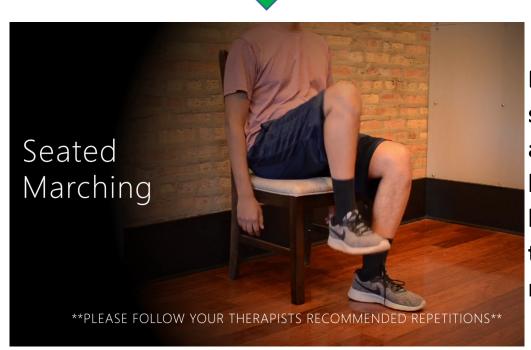


Sit in a chair with both feet firmly on the ground.



March in place slowly by alternating both legs with high knees. Repeat this alternating movement.

Sets

_Repetitions

