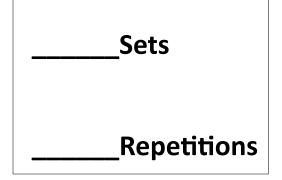


Start by sitting in a chair with good posture. Place both hands right under your thigh.





Lift your knee while keeping it bent. Hold for 1-2 seconds. Return your leg to the floor and alternate leg.

