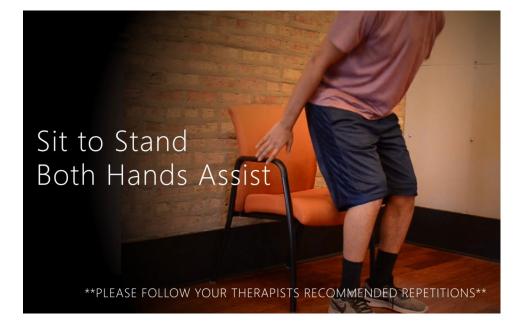


First sit in a chair with arm rest. Hold on to the arm rest with both hands for support



Raise up to stand using your arm and leg muscles. When sitting back down, reach back with both arm toward the arm rest. Slowly sit back down.

