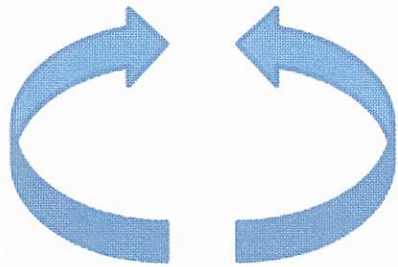
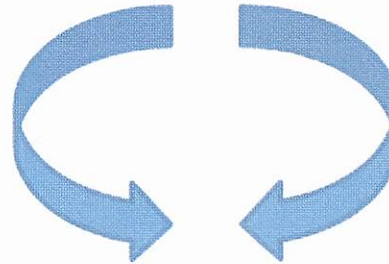


Leg Circle Exercise

Start with knees bent
Circle first towards head,
out then towards toes.
Repeat 15 times



Start with knees bent
Circle first towards feet, out
then towards head
Repeat 15 times



Move knees in and out horizontally
Repeat 15 times

Repeat entire 3 exercises with legs straight 15 times