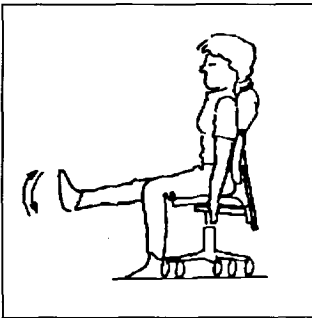


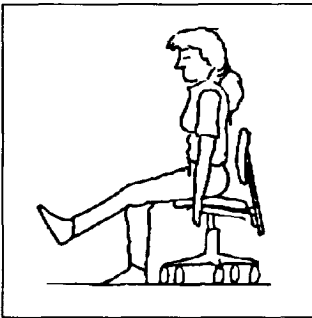
### **Back curl**

Grasp shin, lift leg off the floor. Bend forward (curling the back), reaching nose toward the knee.



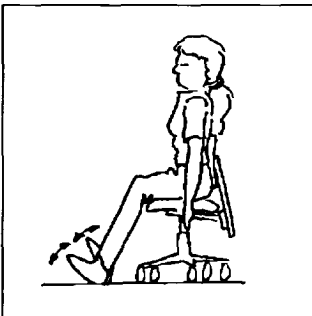
### **Ankle flex and stretch**

Hold one foot off the floor, leg straight. Alternately flex ankle (pointing toes up) and extend (pointing toes toward the floor). Repeat with other leg.



### **Leg lift**

Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, return it to the floor and repeat with the other leg.



### **Toe-in, toe-out**

Place feet shoulder-width apart, heels on the floor. Swing toes in, then out.