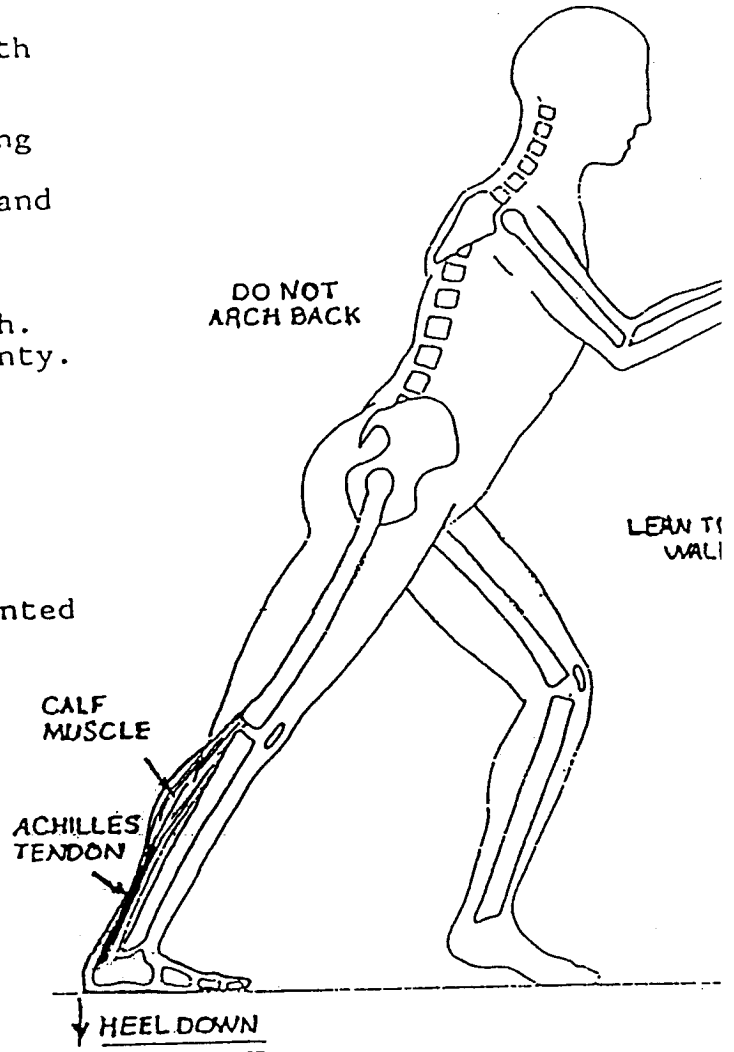


First movement:

1. Place both feet several feet from a wall. Lean into the wall, supporting yourself with your hands on the wall at shoulder level.
2. Bring one leg forward, bending the knee.
3. With the other leg straight and the foot flat on the floor, lean forward, pressing the forward knee toward the wall until you feel a good stretch.
4. Hold for a slow count of twenty.

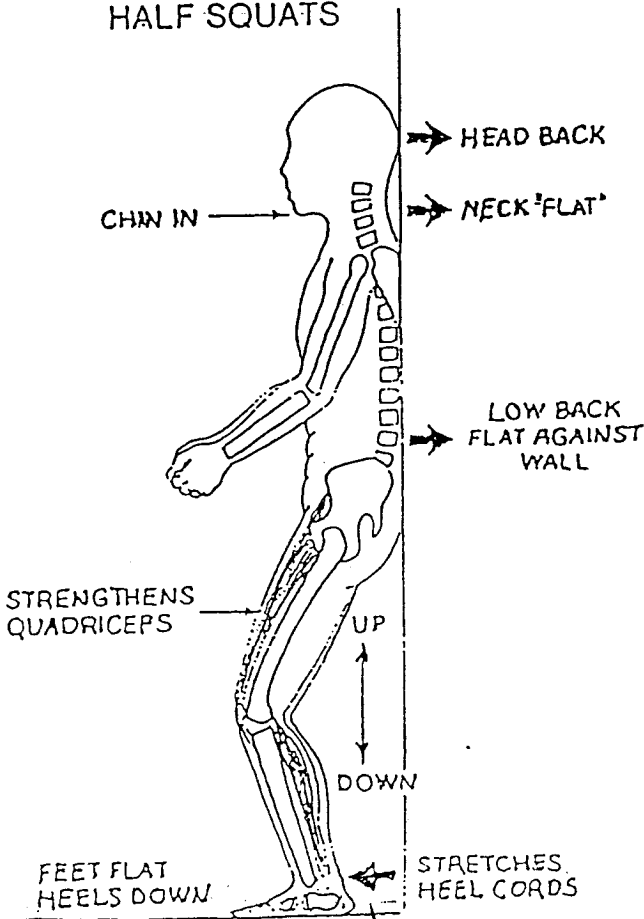
HEEL CORD STRETCH



Second movement:

1. Bring the forward foot back alongside the rear foot, and hold it just off the ground.
2. Move up and down slowly five times on the ball of the planted foot.
3. Reverse feet and repeat both movements.

HALF SQUATS



1 foot away from wall

HALF SQUATS

1. Put your back against a smooth door, a refrigerator, or a secure wall mirror.
2. Place your feet a few inches away from the surface.
3. Flatten your low back against the surface.
4. Slide down the surface until your legs are bent at an angle of forty-five degrees.
5. Return to the starting position.
6. Do as many repetitions as you can until mildly fatigued.