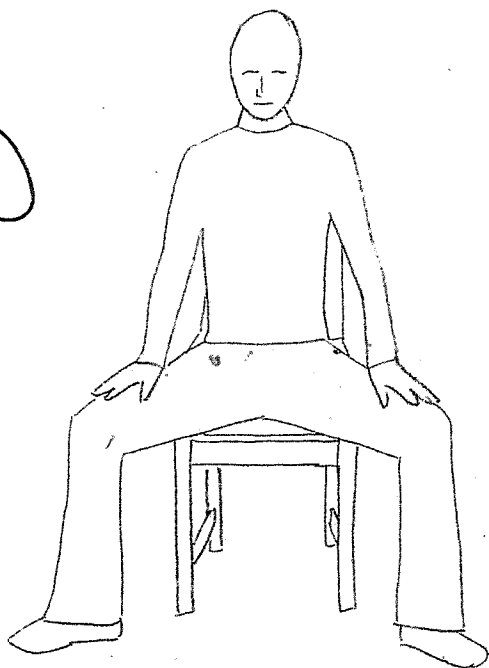
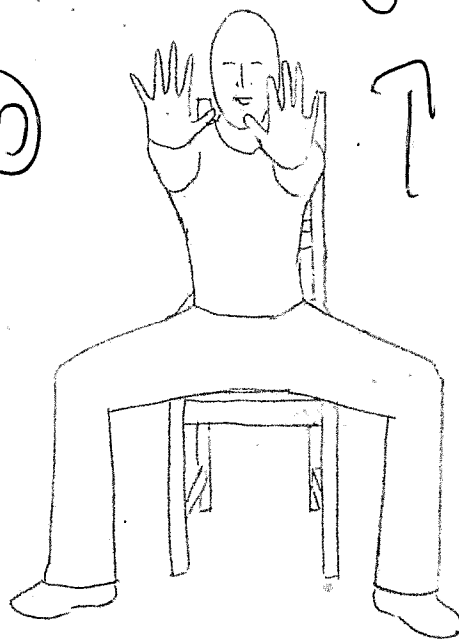


Floor to Ceiling

1

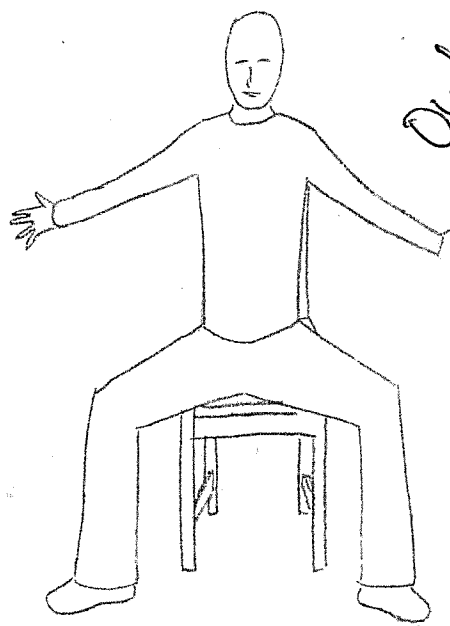
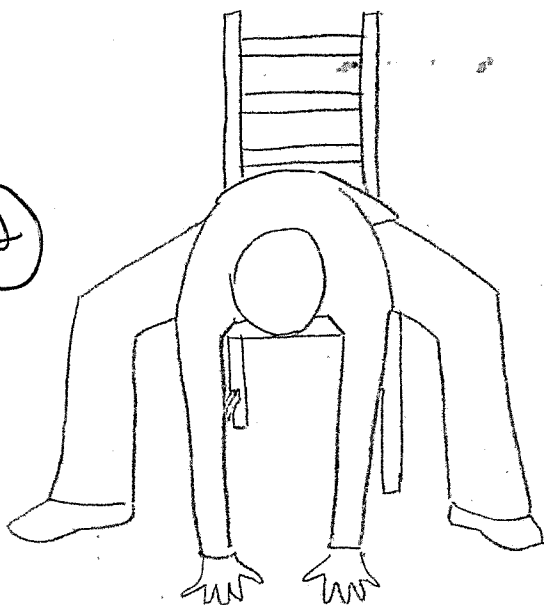


3



Ceiling

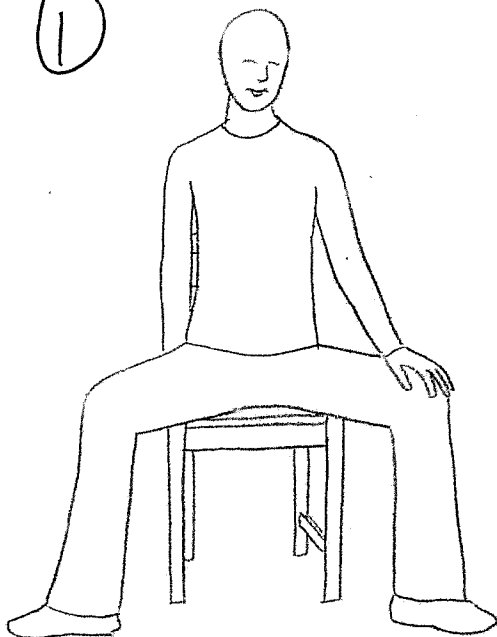
2



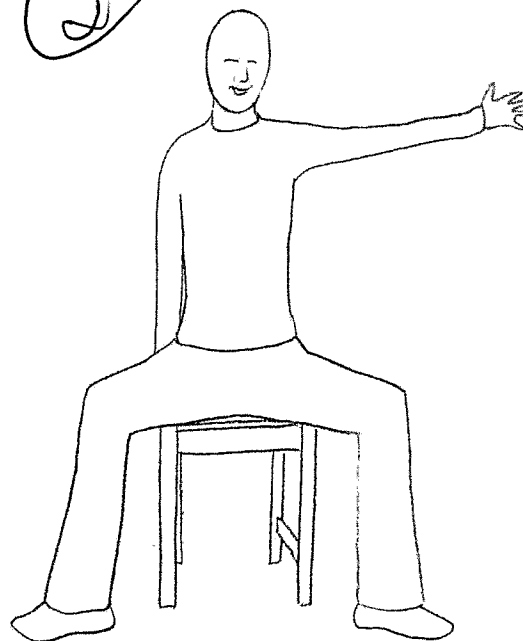
Out
big
hold 10 sec.

Side to Side

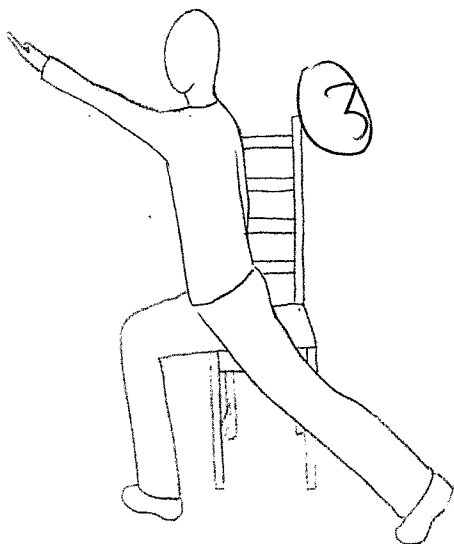
①



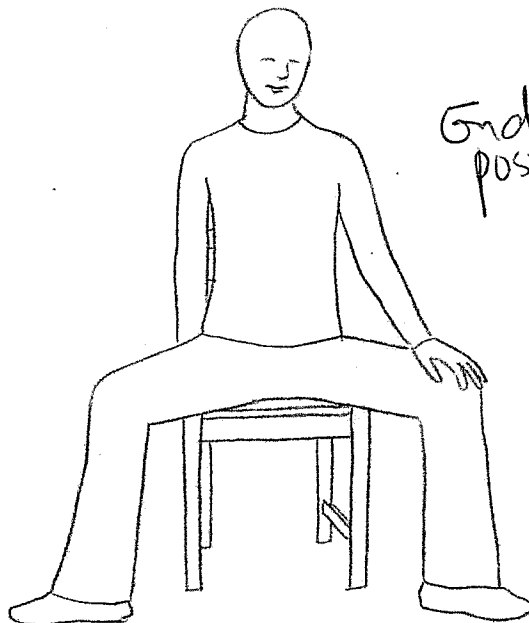
②



hold.

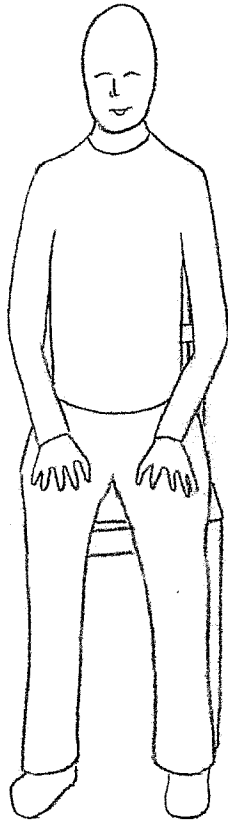


Ending position

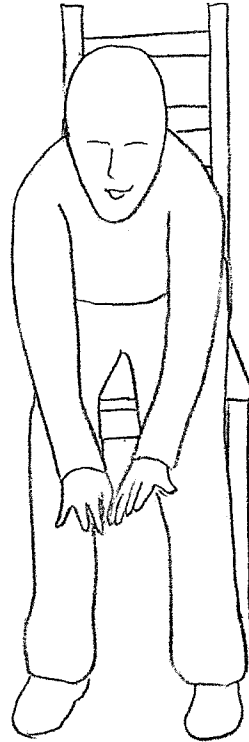


Sit to stand

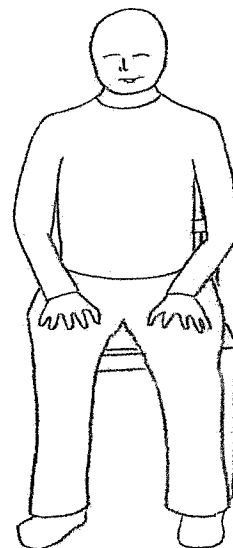
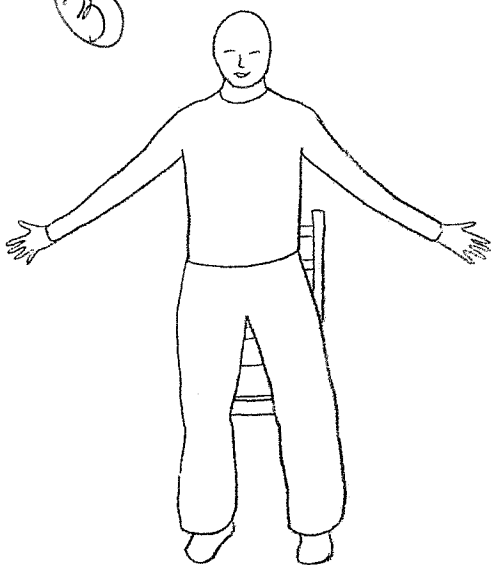
①



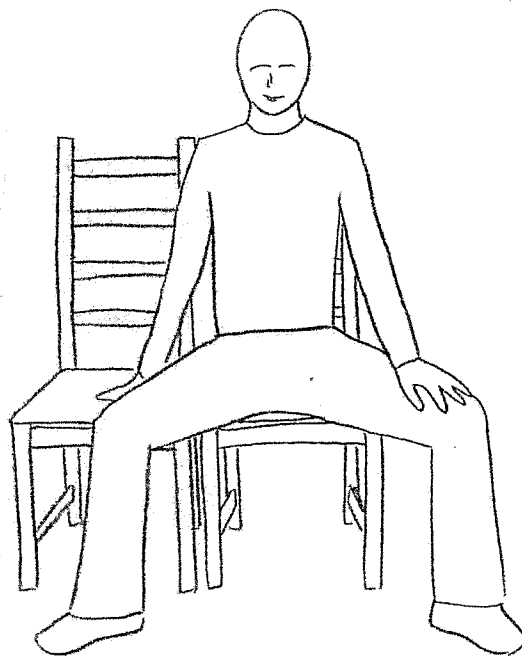
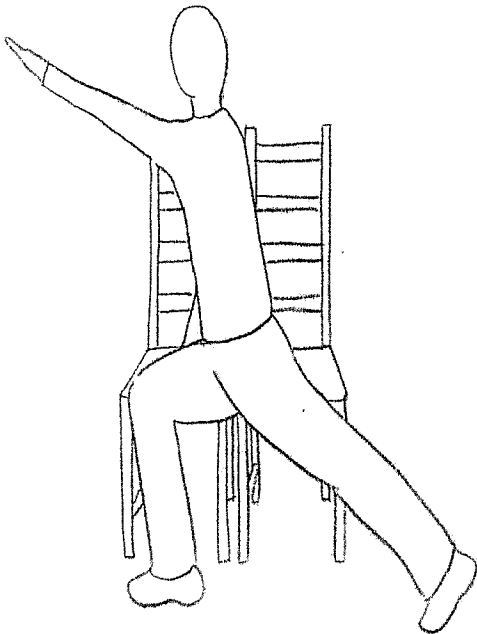
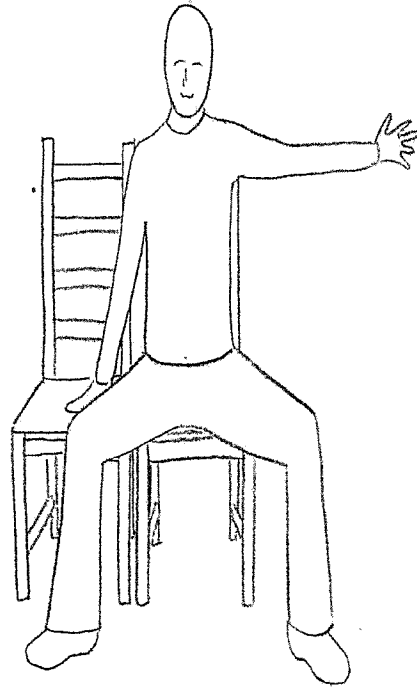
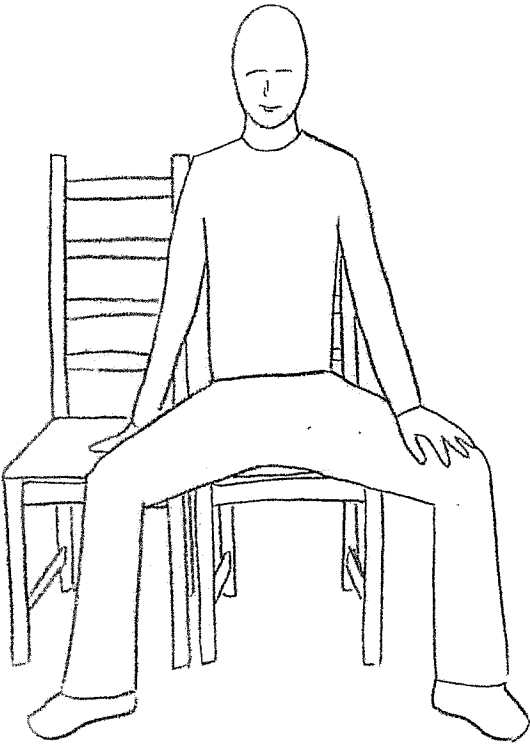
②



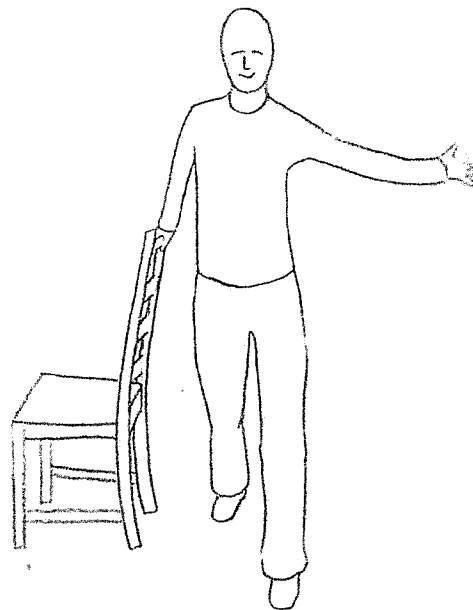
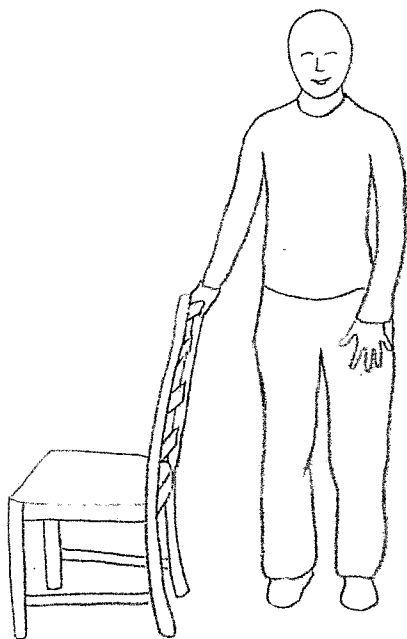
③



Side to Side Adapted

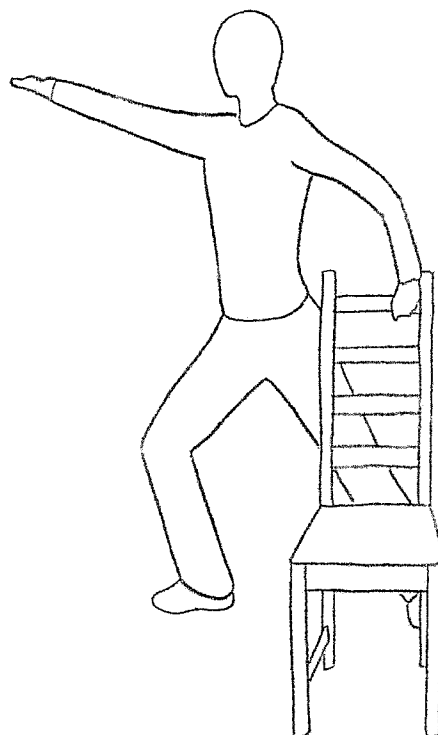
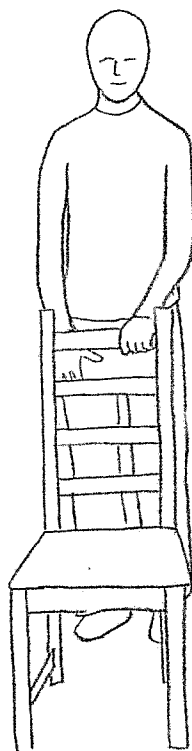


Step Forward and Reach Adapted

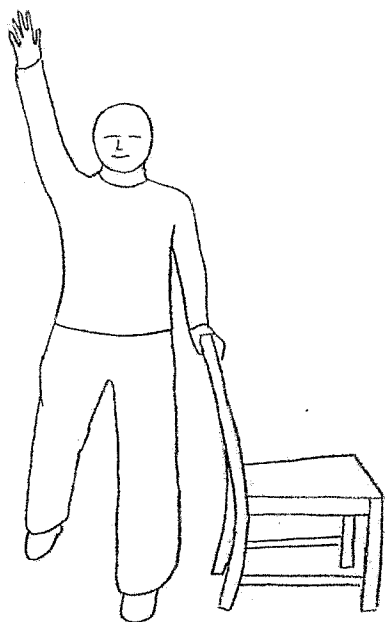
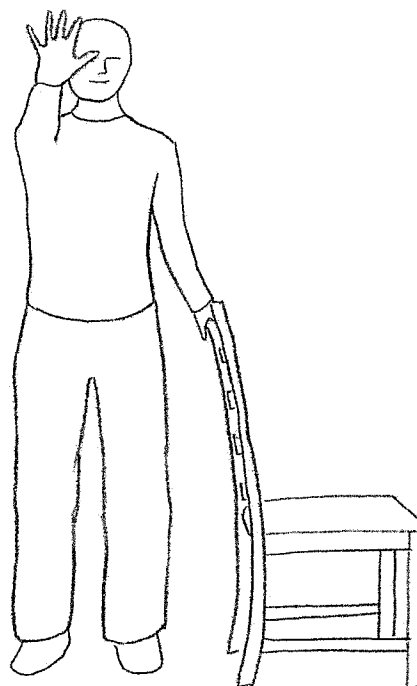
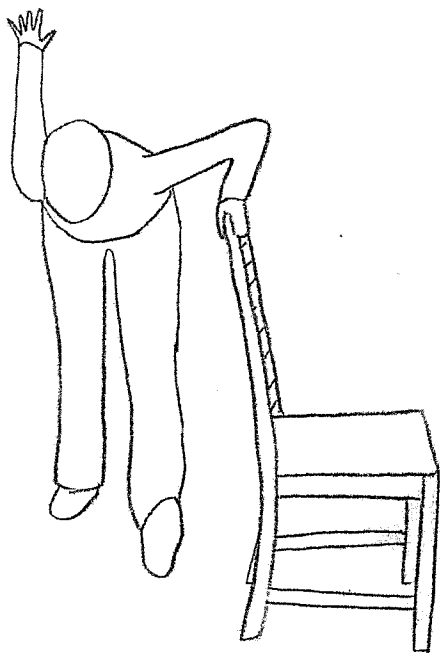


Step to the Side and Reach adapted

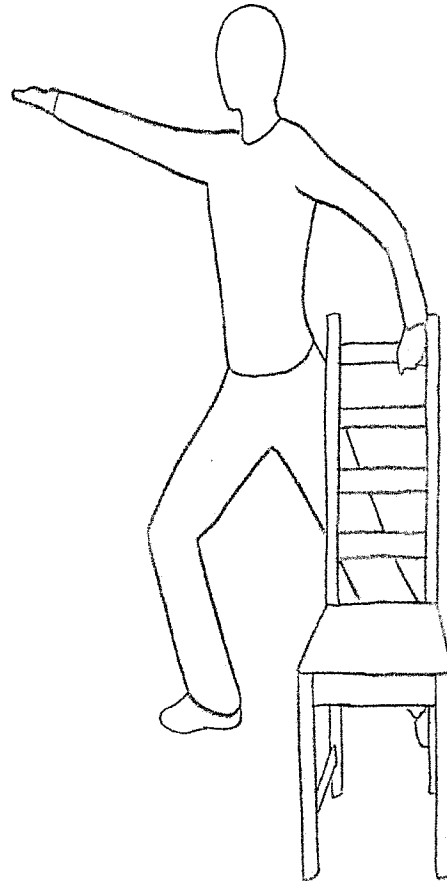
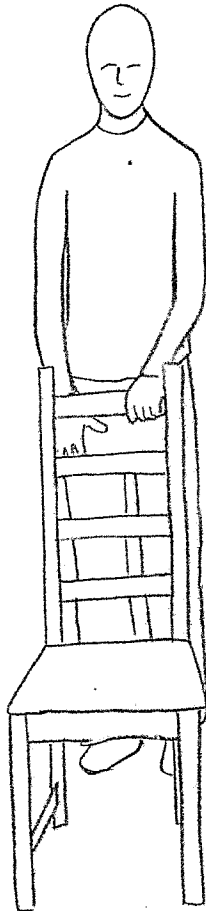
1



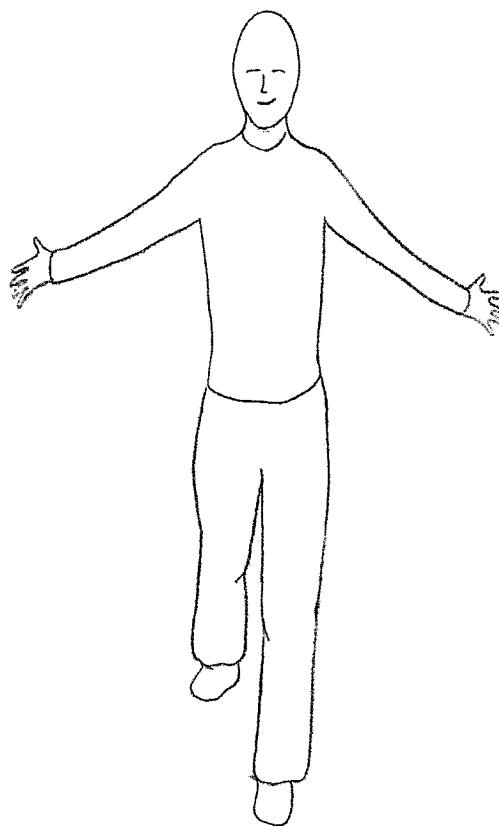
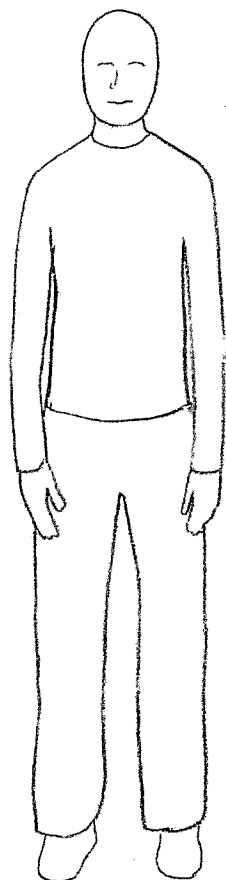
Step backwards and reach adapted



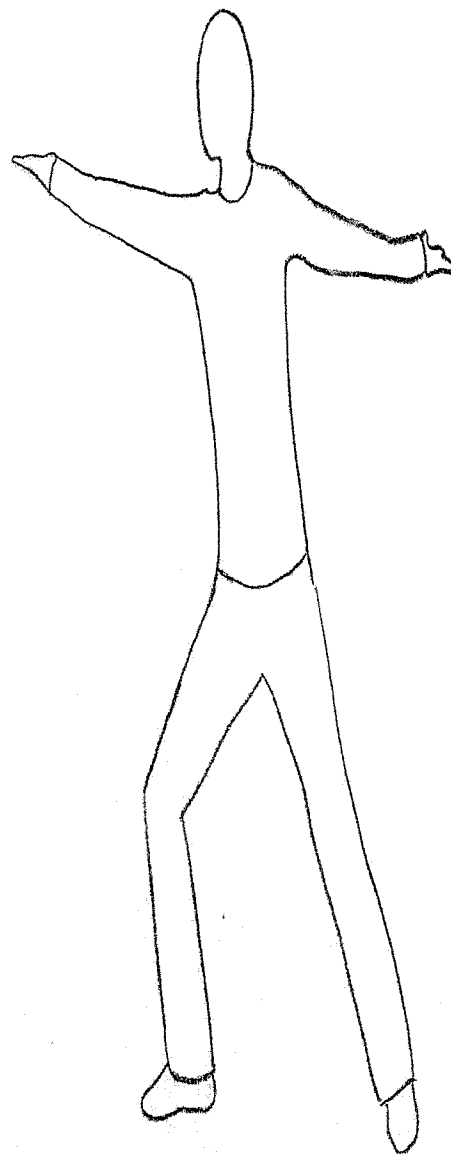
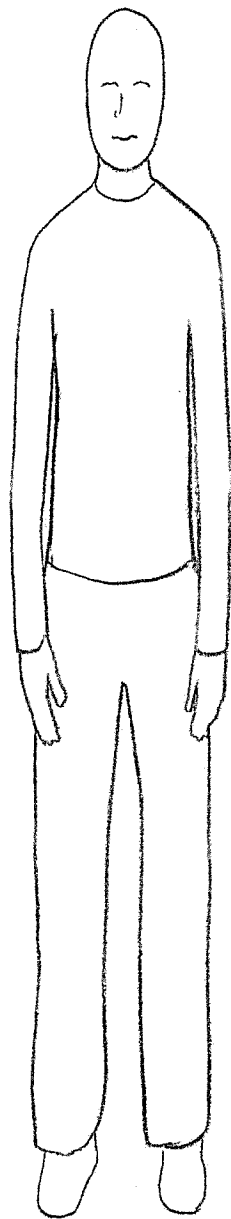
Rock and Reach Side to Side



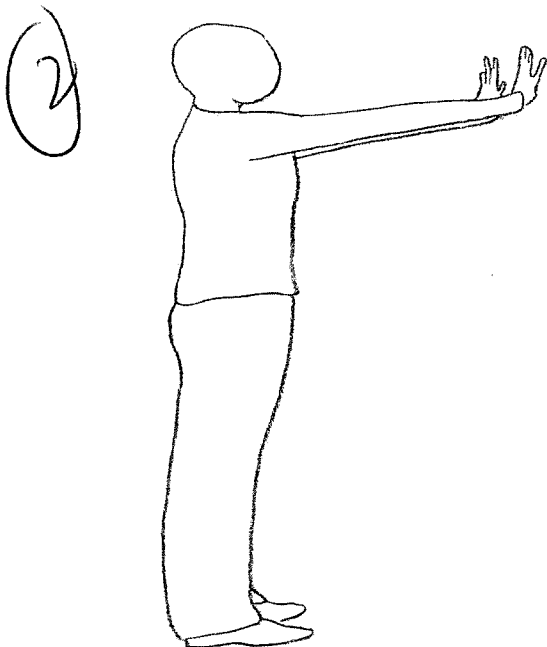
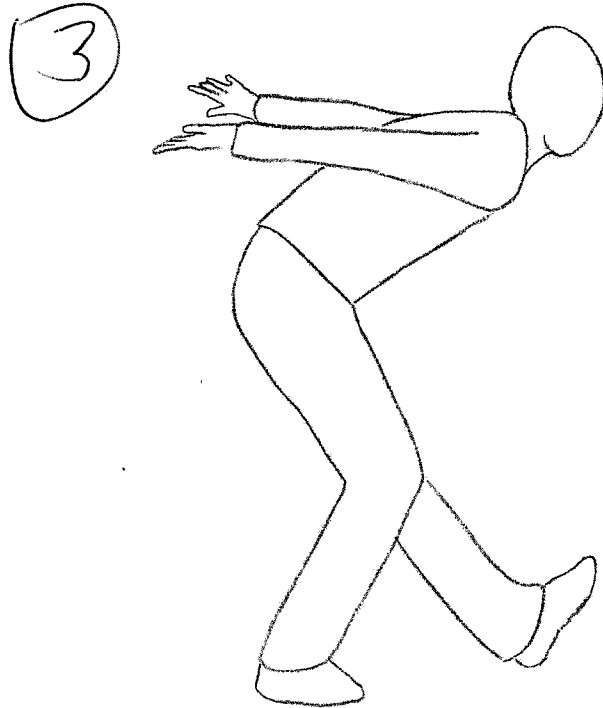
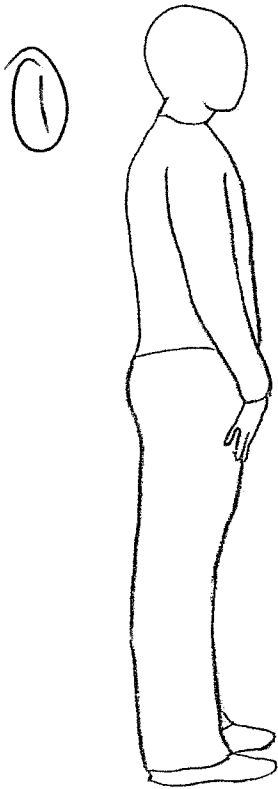
Step Forward and Reach



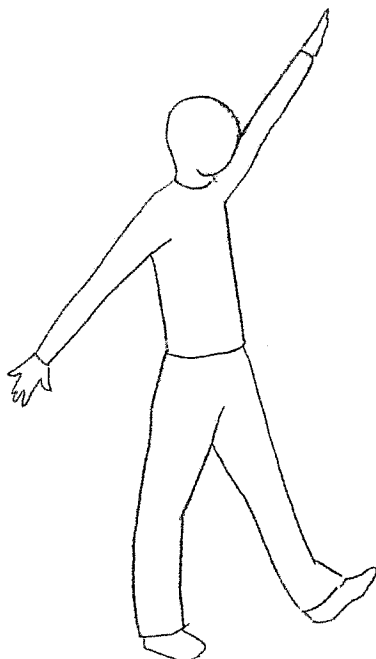
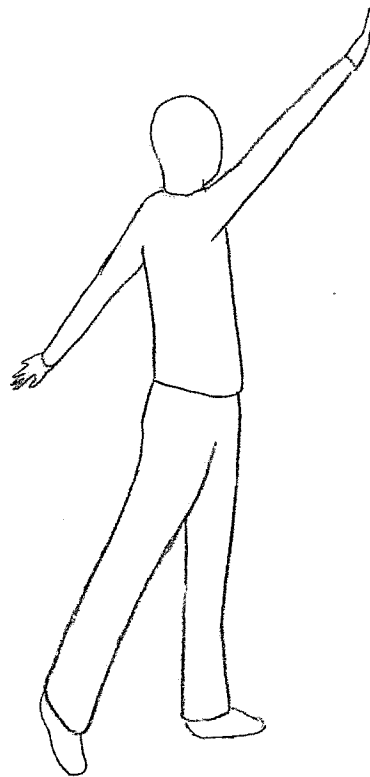
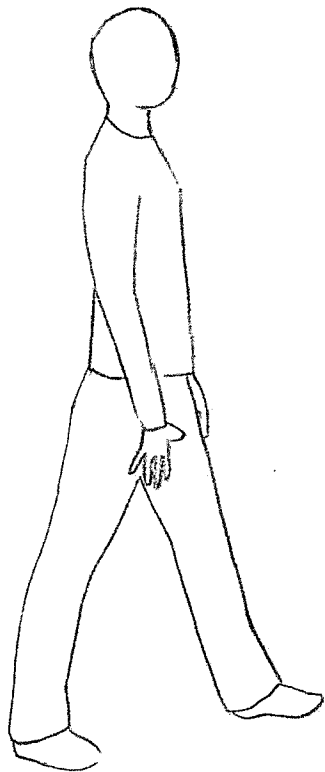
Step to the Side and Reach



Step Backwards and Reach



Rock and Reach Forward/Backward



Rock and Reach Side to Side

