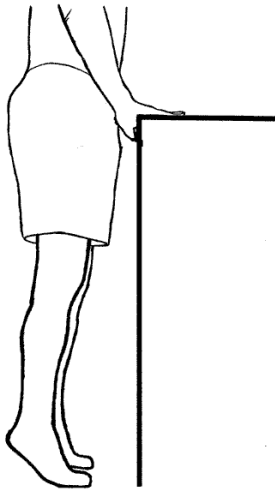


## STANDING EXERCISES

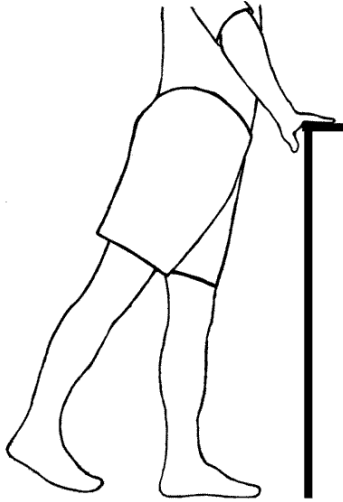


### 1. UP ON TOES

\_\_\_\_\_ Repetitions  
\_\_\_\_\_ Times per day

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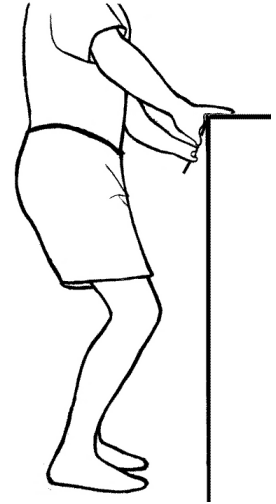


### 2. HIP EXTENSION

\_\_\_\_\_ Repetitions  
\_\_\_\_\_ Times per day

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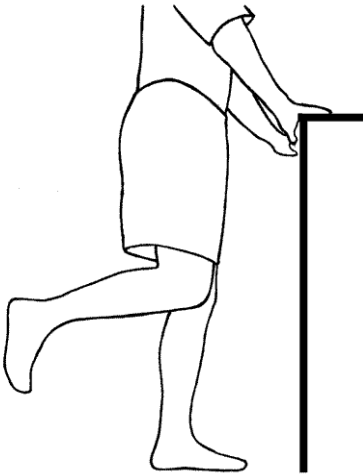


### 3. MINI SQUATS

\_\_\_\_\_ Repetitions  
\_\_\_\_\_ Times per day

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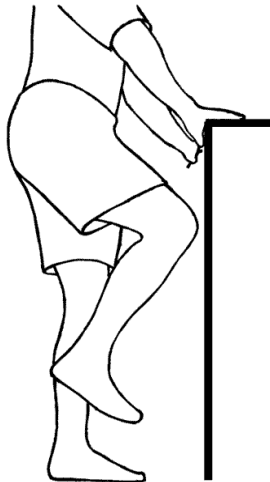


### 4. HAMSTRING CURLS

\_\_\_\_\_ Repetitions  
\_\_\_\_\_ Times per day

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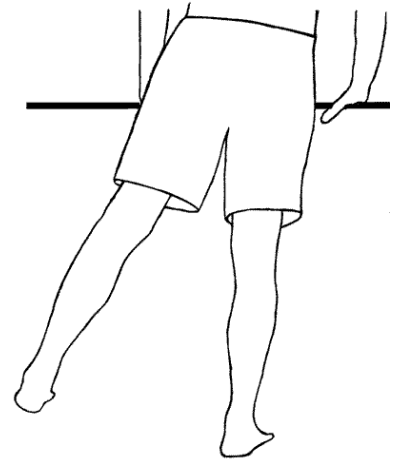


### 5. MARCHING

\_\_\_\_\_ Repetitions  
\_\_\_\_\_ Times per day

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### 6. LEG OUT TO SIDE

\_\_\_\_\_ Repetitions  
\_\_\_\_\_ Times per day

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Comments: \_\_\_\_\_  
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