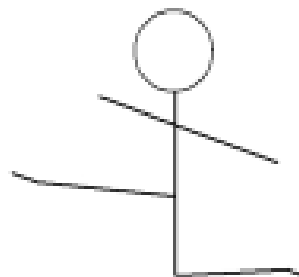


7. lift one arm & opposite leg



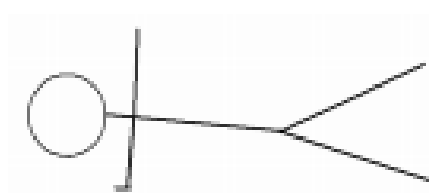
8. knee balance



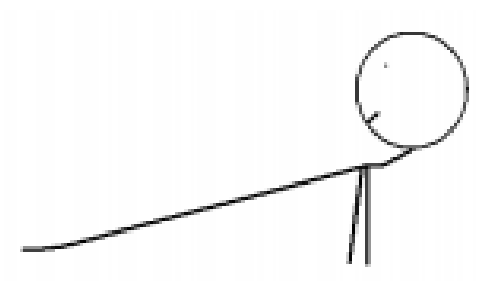
9. Side support



10 Side Support left leg



11. Back Support



12. Back balance leg raise

