

Movement Step 1 Step 2 Step 1 Step 2 Step 4 Step 1 Step 2 Step 1 Movement Lower yourself into a squatti chair. Return to the starting 1 Tip Make sure to maintain your 1 past your toes. Step 3 Step 1 Step 2 Step 3 Step 1 Step 2 Step 1 Movement Place your hands on the floc Perform a push up, then hog your arms overhead, then go your arms overhead, then go your arms overhead, then go your arms stightly wider thar Movement Step 1 Step 2 Push Up Step 1 Step 2 Step 1 Step 1 Step 2 Step 1 Step 1 Step 2 Step 1 Movement Step 1 Step 2 Step 1 Step 2 Step 1 Step 2 Step 3 Step 3 Step 4 Step 10 port body to the Tp <tr< th=""><th></th></tr<>	
Step Begin in a standing position Movement Slowly step up, raising your Step 1 Step 2 Image: Step 2 Step 3 Step 3 Step 3 Step	1
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Begin sitting upright in a cha Movement Move your body forward off	
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··· ···	e chair, keeping your arms on the edge. Slowly bend your elbows
	ground, then push yourself back up, and repeat.
Tip Make sure te keen veur heel	
	straight and do not shrug your shoulders during the exercise. Your aight backwards, do not let the flare out to the side.
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MEDBRIDGE Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.