

1. Hip to the side *



2. Foot Circles *



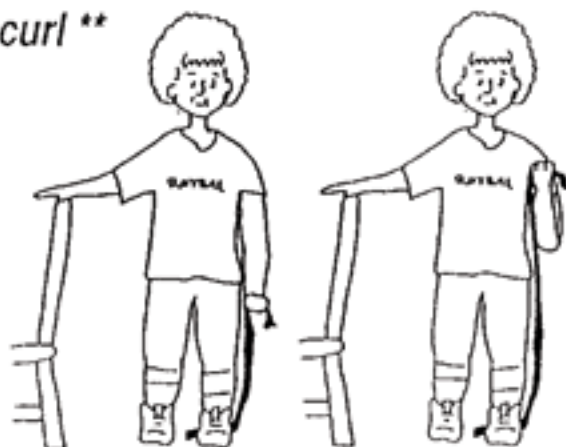
3. Lift leg backwards *



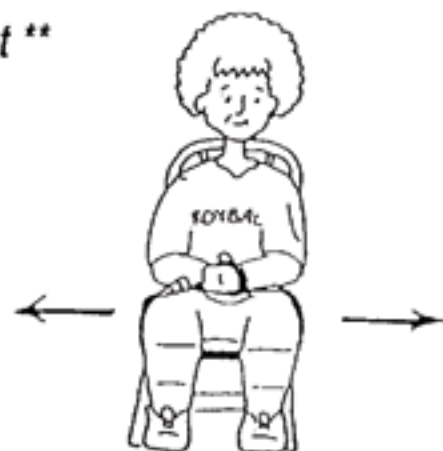
4. Shoulder blade exercises **



5. Arm curl **



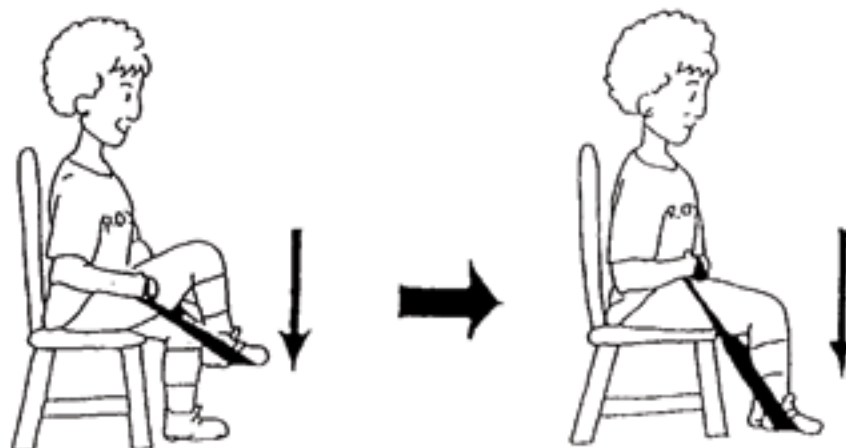
6. Knees in and out **



7. Ankle Pumps **



8. Hip extension **



Thank you to Stay on Your Feet* and Roybal - Boston University** for allowing us to use your diagrams