



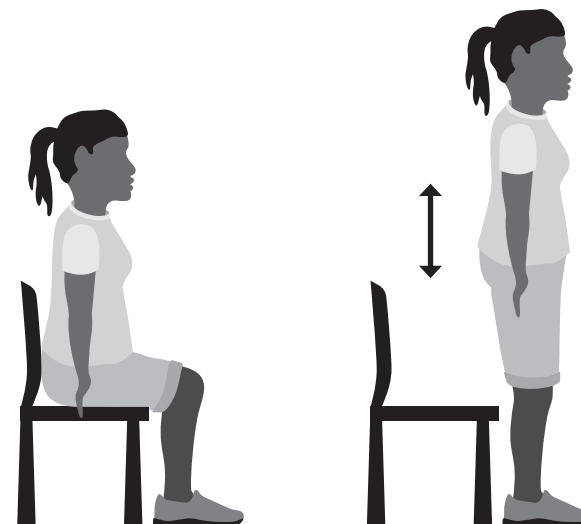
Ask at the clinic if your medicines should be used before you exercise.

Have a drink of water before and after you exercise.



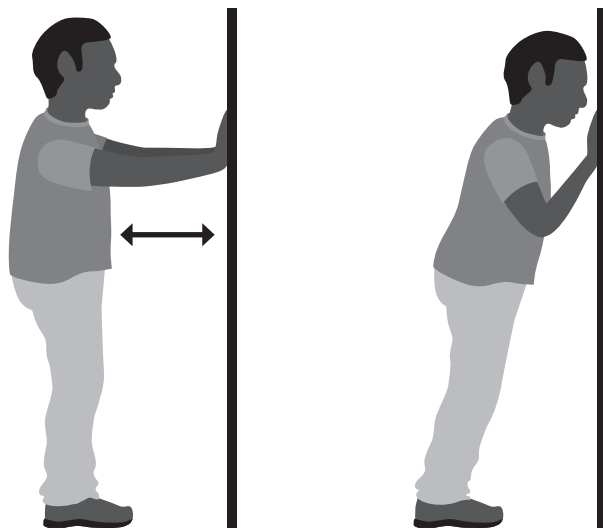
SIT TO STAND

Stand up then sit down times



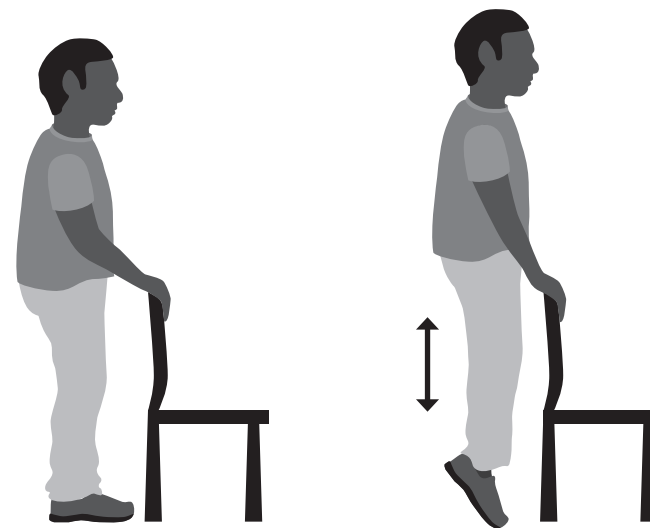
WALL PRESS

Lean into wall and push back times



HEEL RAISE

Lift your heels times





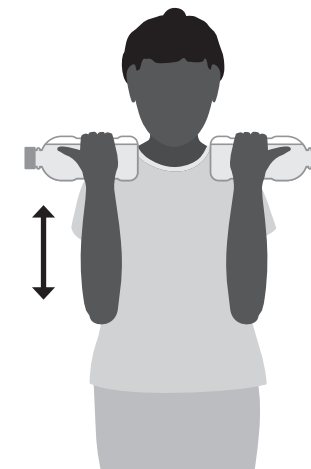
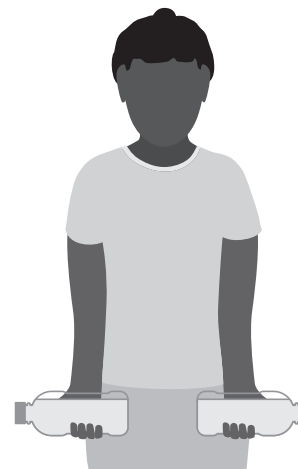
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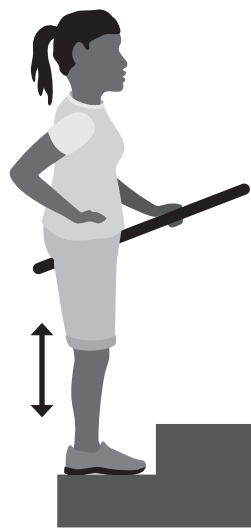
BICEPS CURLS

Bend elbows times



STEP UPS

Step up times



SHOULDER PRESS

Lift arms times

