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| **Legs straight** | **Knee lift** | **Reach to one side** |
| **Chair tree** | **Knee bends** | **Bend over** |

|  |  |  |
| --- | --- | --- |
| **Reach to one side**  | **Arms in front** | **Legs up and down** |
| **Dog pose** | **Arms up** | **Chair rotation** |