|  |  |  |
| --- | --- | --- |
| **Knee lift** | **Arms in front** | **Reach to one side** |
| **Arms up** | **Legs up and down** | **Knee bends** |

|  |  |  |
| --- | --- | --- |
| **Push up’s** | **Dog pose** | **Tree chair** |
| Knee lifts | **Foot flex** | **Bend over** |