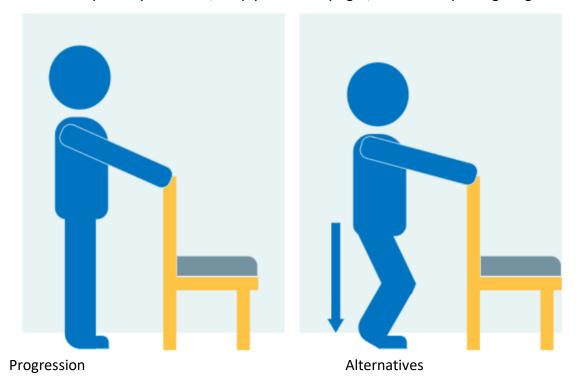
Standing Exercises

Half Squat

- Stand with your feet shoulder width apart and hold onto a secure object.
- Slowly bend your knees, keep your back upright, and stand up straight again.



- Full squat
- Squat holding weights
- Increase number of repetitions

- Lunges
- Sit to stand (not using hands)