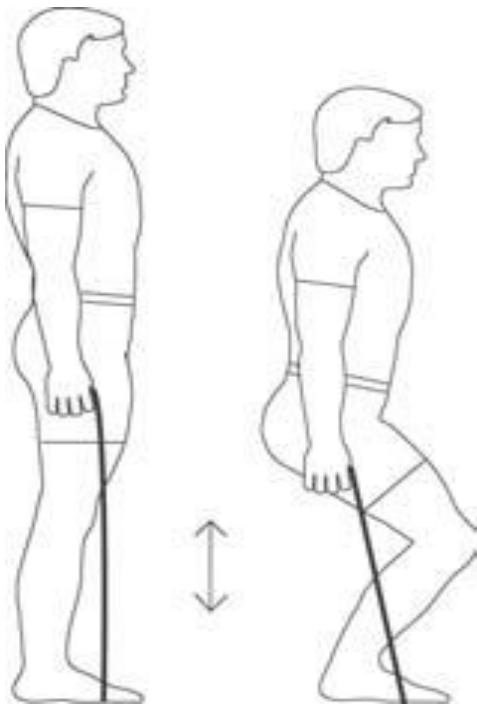


## Knee bend



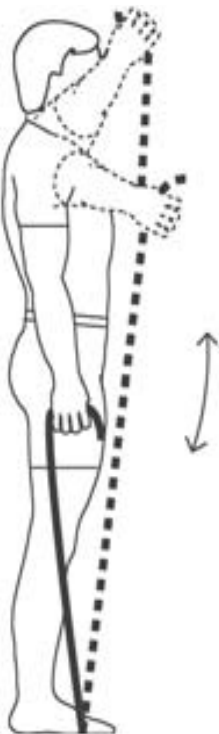
## Squat



**Shoulder bend- forward**



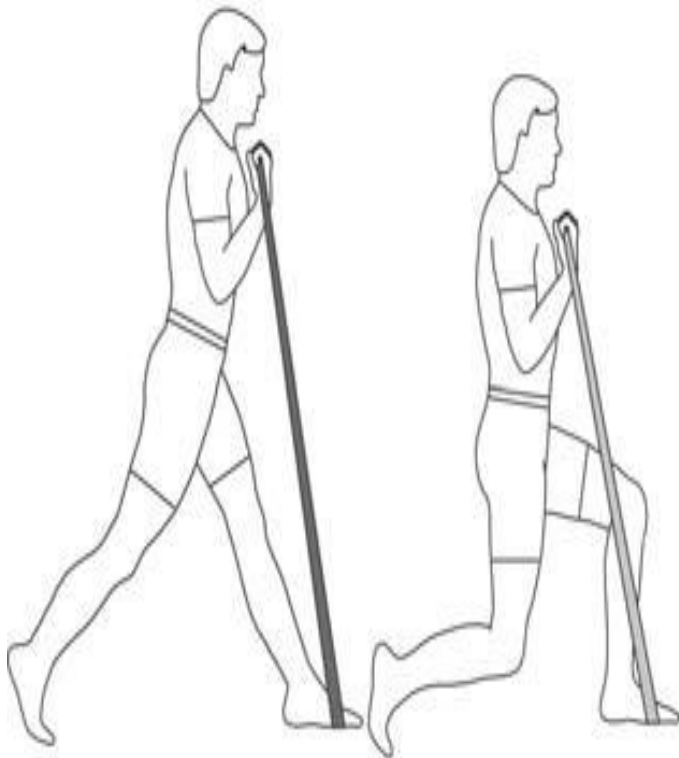
**Shoulder bend-sideways**



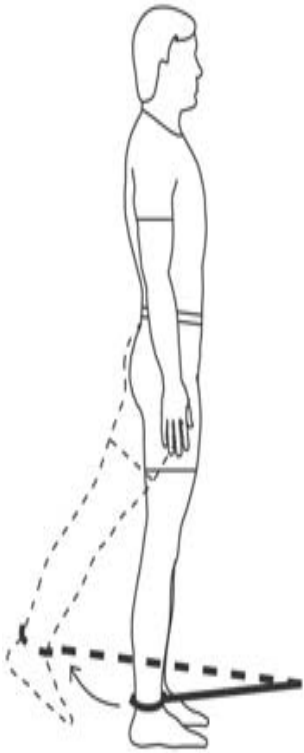
## Elbow bend



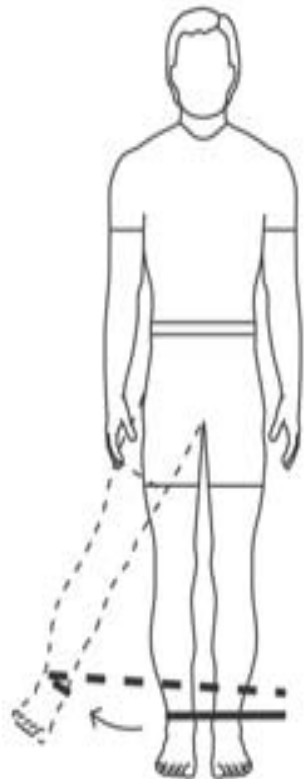
## Lunge



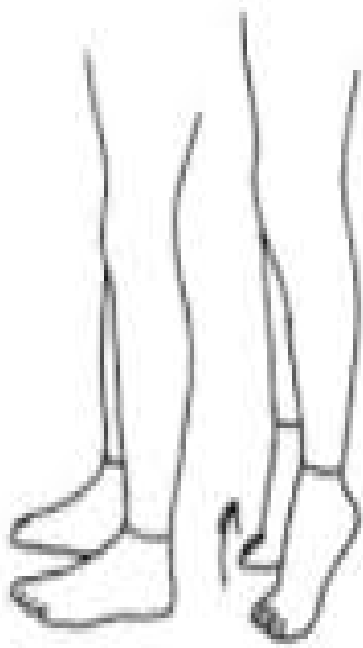
### Hip bend- backward



### Hip bend- sideways



**Heel raises- standing**



**Ankle bend- sitting**

