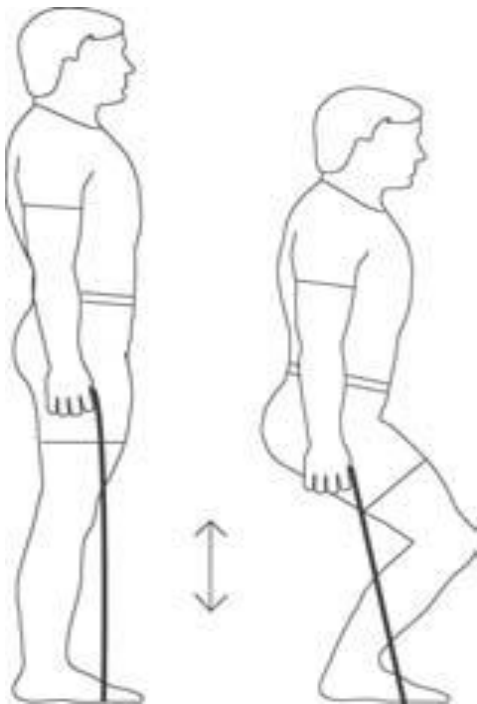


Knee bend



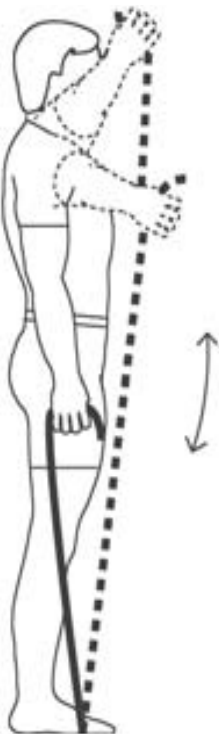
Squat



Shoulder bend- forward



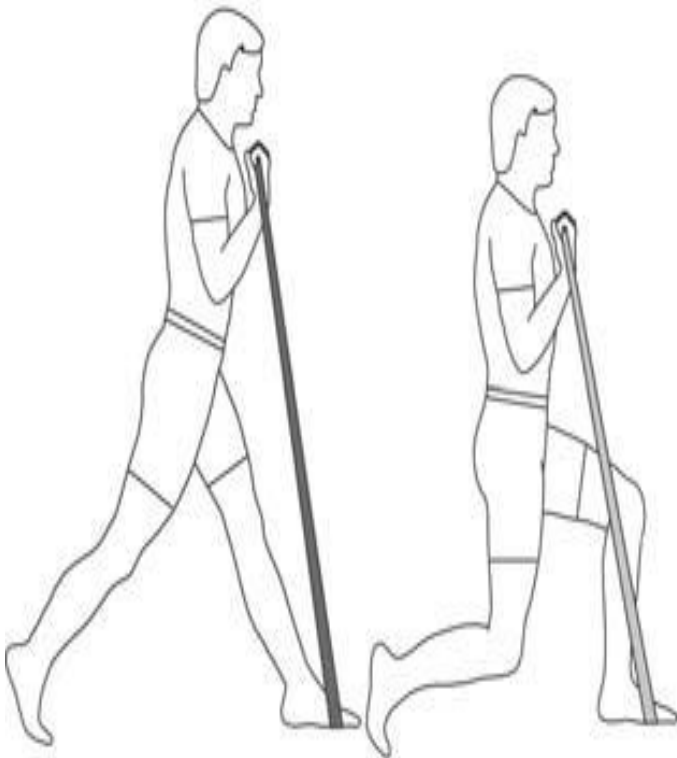
Shoulder bend-sideways



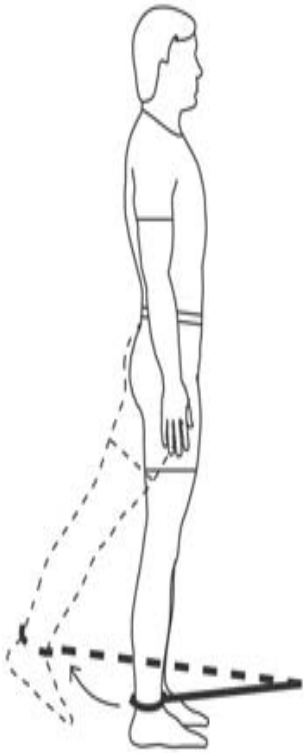
Elbow bend



Lunge



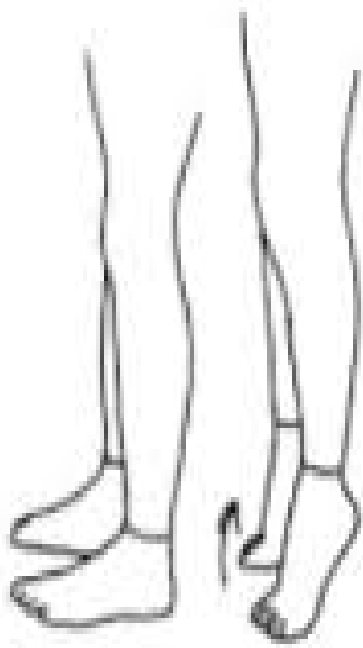
Hip bend- backward



Hip bend- sideways



Heel raises- standing



Ankle bend- sitting

