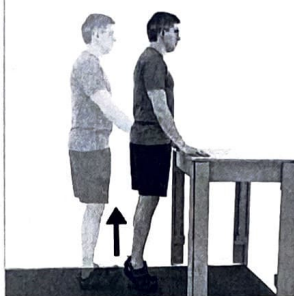


17. Standing Unsupported (Countertop)



Reps: 10
Duration: 10 seconds

18. Heel + Toe Raise (Countertop)



Sets: 1
Reps: 10

19. Forward, Side and Knee Reach (Countertop)



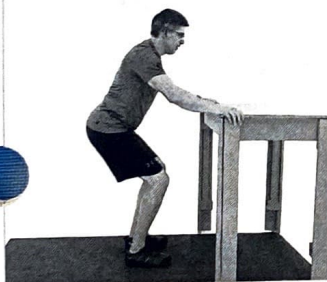
Sets: 1
Reps: 10

20. Walking | Tandem Stepping (Counter)



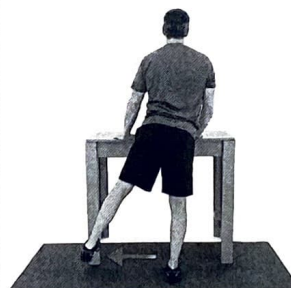
Sets: 1
Reps: 10

21. Squat | Hand Support (Counter)



Sets: 1
Reps: 10

22. Hip Abduction (Countertop)



Sets: 1
Reps: 10

23. Marching (Countertop)



Sets: 1
Reps: 10

16. Side Stepping (Countertop)

Sets: 1 | Reps: 10

Preparation:

- Standing in front of a countertop as shown



Lift leg to step to side, leading with your heel



Bring other foot together



Step weight onto leading leg

Execution:

- Step to side while holding onto the counter
- Lead with your heel



Continue stepping to side

17. Standing Unsupported (Countertop)

Reps: 10 | Duration: 10 seconds

Execution:

- Stand and balance unsupported



Stand and balance

18. Heel + Toe Raise (Countertop)

Sets: 1 | Reps: 10

- Preparation:**
- Standing in front of a countertop
 - Place your hands on the countertop
- Execution:**
- Lift heels, rising up onto your tip toes
 - Lower back down
 - Rock back onto your heels, tip toes up



19. Forward, Side and Knee Reach (Countertop)

Sets: 1 | Reps: 10

- Preparation:**
- Stand with good posture in front of countertop
 - Lift arm to shoulder height
- Execution:**
- Stretch out your fingers and reach forward as far as you can
 - Back to start position reach to side as far as you can
 - Back to start position reach to knee
- Repeat sequence



20. Walking | Tandem Stepping (Counter)

Sets: 1 | Reps: 10

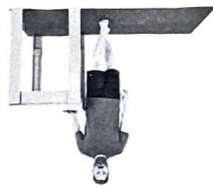
Preparation:

- Stand near a counter for support

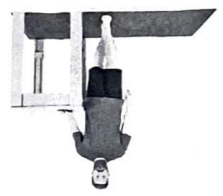
Execution:

- Walk forward and backwards

Steady yourself on the counter as needed



Walk forward



Walk backwards



21. Squat | Hand Support (Counter)

Sets: 1 | Reps: 10

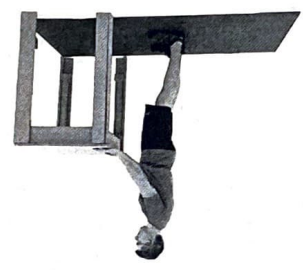
Preparation:

- Stand with good posture
- Feet shoulder width apart, knees slightly bent
- Rest hands on chair or counter for support

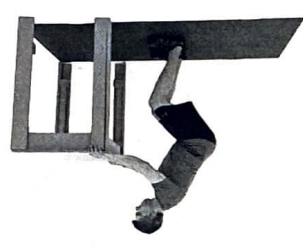
Execution:

- Initiate squat by bending at the hip
- Squat as low as you can under control
- Rise up straight using the back of your hips

Start Position



Squat - Head up - Butt out - Knees back



22. Hip Abduction (Counterop)

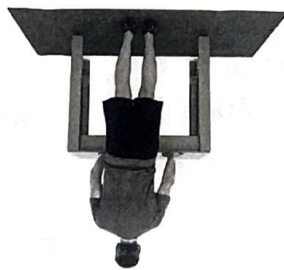
Sets: 1 | Reps: 10

- Preparation:**
- Stand with good posture in front of a counter or table

Execution:

- Lift leg straight out to the side
- Keep toes facing forward
- Avoid hiking your pelvis as you left your leg

Stand in front of counter



Lift leg straight out to the side, toes facing forward



23. Marching (Counterop)

Sets: 1 | Reps: 10

Preparation:

- Standing in front of a counter
- Place your hands on the countertop

Execution:

- March knees up and down

March one knee up



March foot back down



Lift the other knee

