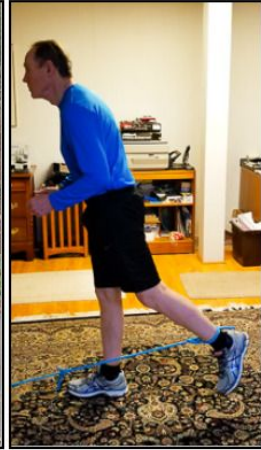




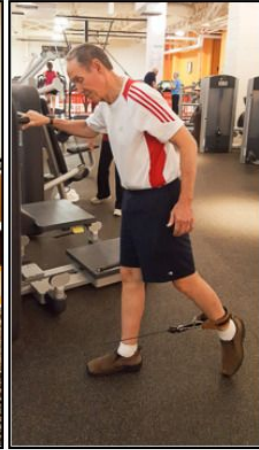
(1) Power Walk/Run



(2) Side Step



(3a) Hip Extension, At Home



(3b) Hip Extension, At Gym



(4) Hip Flexion



(5) Lower Back/Gluts



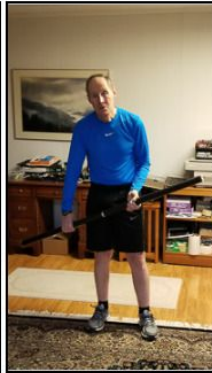
(6) Step-Ups



(7) Sit/Stand x5



(8) Hunch Correct



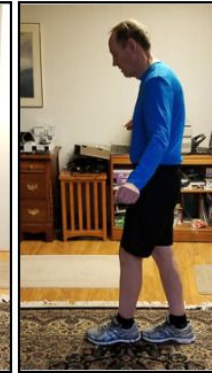
(9) Diagonal Bar



(10) Explosive Ham



(11) One Leg Balance



(12) Tandem Balance



(13) Balance & Core



(14) Fall Recovery



(15) Plank