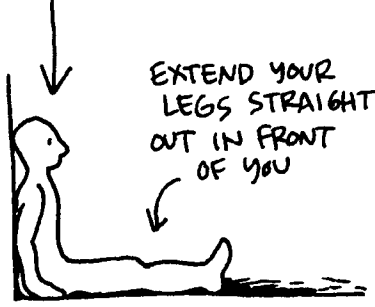
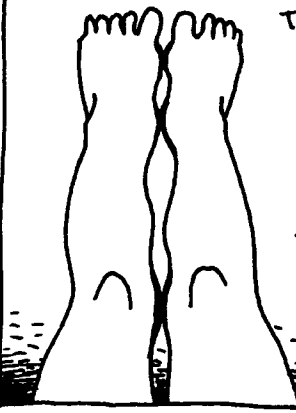


SIT WITH YOUR BACK AGAINST THE WALL (THIS WILL HELP YOU STAY ON YOUR SITZ BONES).



EXTEND YOUR LEGS STRAIGHT OUT IN FRONT OF YOU

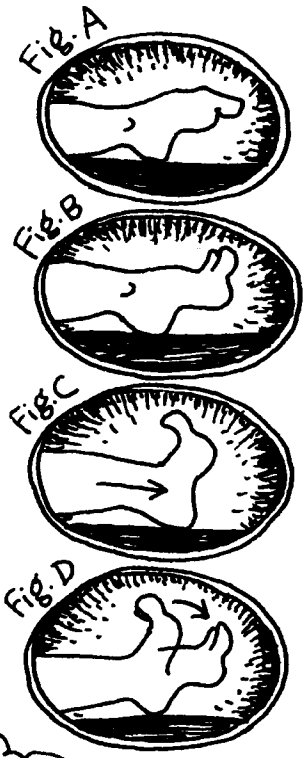
BRING YOUR LEGS TOGETHER WITH THE BIG TOES, ANKLES, & KNEES TOUCHING AT THE INNER SURFACE, IF POSSIBLE.



IT'S HARD FOR MOST PEOPLE TO GET ALL THREE TO TOUCH... IF SO, JUST KEEP WORKING TOWARDS THIS GOAL.

THINK OF EACH LEG AS A WHOLE CYLINDER, SLOWLY ROTATING THE WHOLE LEG AS A UNIT OUTWARD + THEN BACK TO THE CENTER.

- ① POINT YOUR TOES, KEEPING LENGTH THROUGH YOUR FOOT. (Fig. A) →
- ② SLOWLY ROTATE EACH WHOLE LEG AS A UNIT OUTWARD 2 OR 3 INCHES.
- ③ ROTATE LEGS BACK TO CENTER.
- ④ BRING JUST YOUR TOES UP (FOOT STILL EXTENDED AT THE ANKLE). (Fig. B) →
- ⑤ ROTATE YOUR LEGS SLOWLY OUT THEN BACK TOGETHER.
- ⑥ WITH TOES STILL UP, BRING FOOT UP AT THE ANKLE, EXTENDING THROUGH THE HEEL. (Fig. C) →
- ⑦ ROTATE LEGS SLOWLY OUT THEN BACK TOGETHER.
- ⑧ ROTATE LEGS AGAIN, SAME FOOT POSITION.
- ⑨ KEEPING TOES UP, BRING FOOT DOWN. (Fig. D) →
- ⑩ ROTATE LEGS OUT THEN BACK TOGETHER.
- ⑪ POINT YOUR TOES, KEEPING LENGTH THROUGH YOUR FOOT. (Fig. A) ↗
- ⑫ ROTATE LEGS OUT THEN BACK TOGETHER.



That's one set done! ☆

FOCUS ON KEEPING THE LENGTH DOWN THE CENTER OF EACH LEG & FOOT.

WORK TO HAVE THE 3 POINTS - TOES, ANKLES, KNEES - ROTATE APART AT THE SAME TIME, & BACK TOGETHER AT THE SAME TIME.