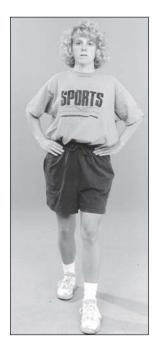




## **Stride Stance Position**



**Purpose:** To strengthen/train leg muscles in weight bearing position.

- **Position:** Stand on both legs, with one foot in front as if it has taken a step. Keep weight on both feet and maintain good trunk/knee/arch positions.
- Action:  $\Box$  Add arm movements.
  - □ Start with both arms in front, palms forward. Bring them around trunk and bring thumbs together. Return and repeat.
  - □ Start with one arm up (thumb up) and opposite arm down and back (thumb down). Alternate arm/thumb positions.
  - □ Perform exercise with \_\_\_\_\_pounds.

Hold each repetition seconds.

Do \_\_\_\_\_repetitions \_\_\_\_\_times per day.