

## 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:**  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.