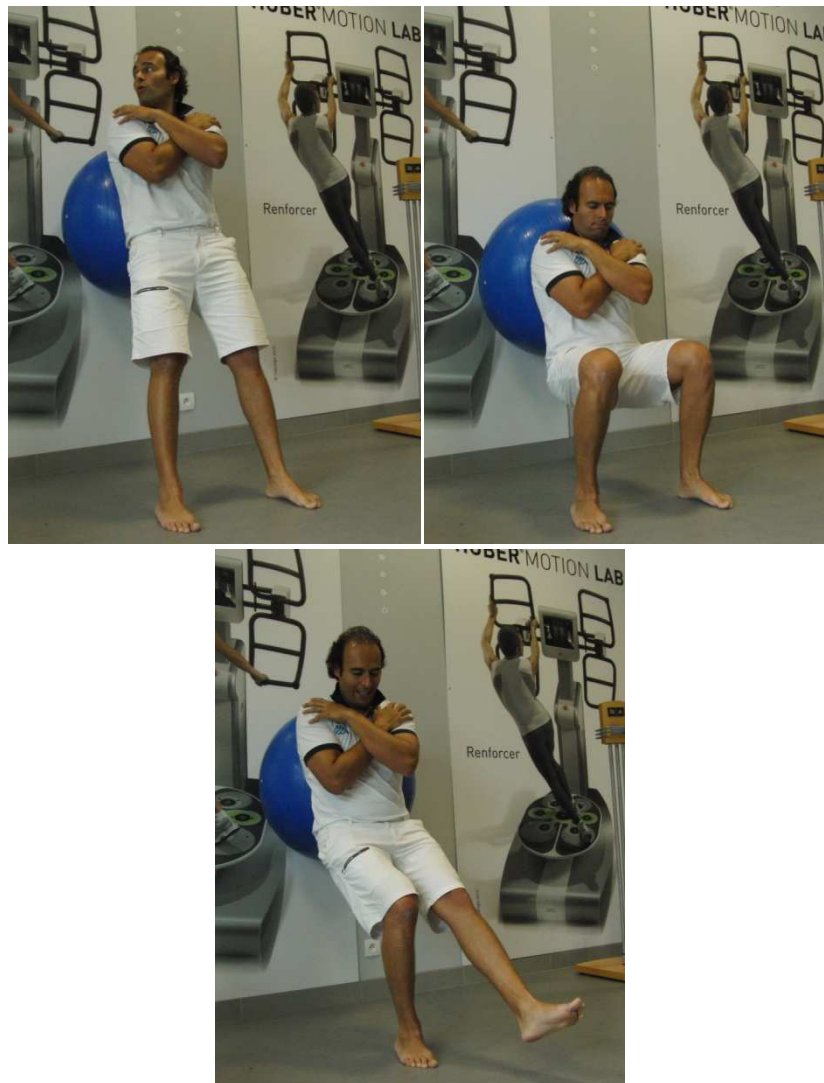


Physical training / exercise:

Squat

Squat

Using a Gym Ball between your back and wall, squat down as far as you can on both feet or half squat on 1 leg only.



6 to 10 reps, 3 series