

STEP OUT - STEP IN



1. Stand behind a stable chair (no wheels) or counter, feet close together & hands resting on support.
2. Step right leg out. Step left leg out. Feet are now wide apart.
3. Step right leg in. Step left leg in. Feet are close together again.
4. Repeat 10 times. Work up to 3 sets of 10. Take a break between sets.

GOOD FOR

Strengthening legs & hips
Moving side to side
Turning
Dancing
Gardening

REPEAT

2-3 times daily

TIPS

- Wear supportive shoes with rubber soles
- Stand tall, don't lean
- Toes point forward not inward
- Smooth movement
- Keep stomach tight & remember to breathe!

READY FOR MORE?

Increase repetitions
If stable, lift 1 hand off support
Add resistance band around legs, just above knees