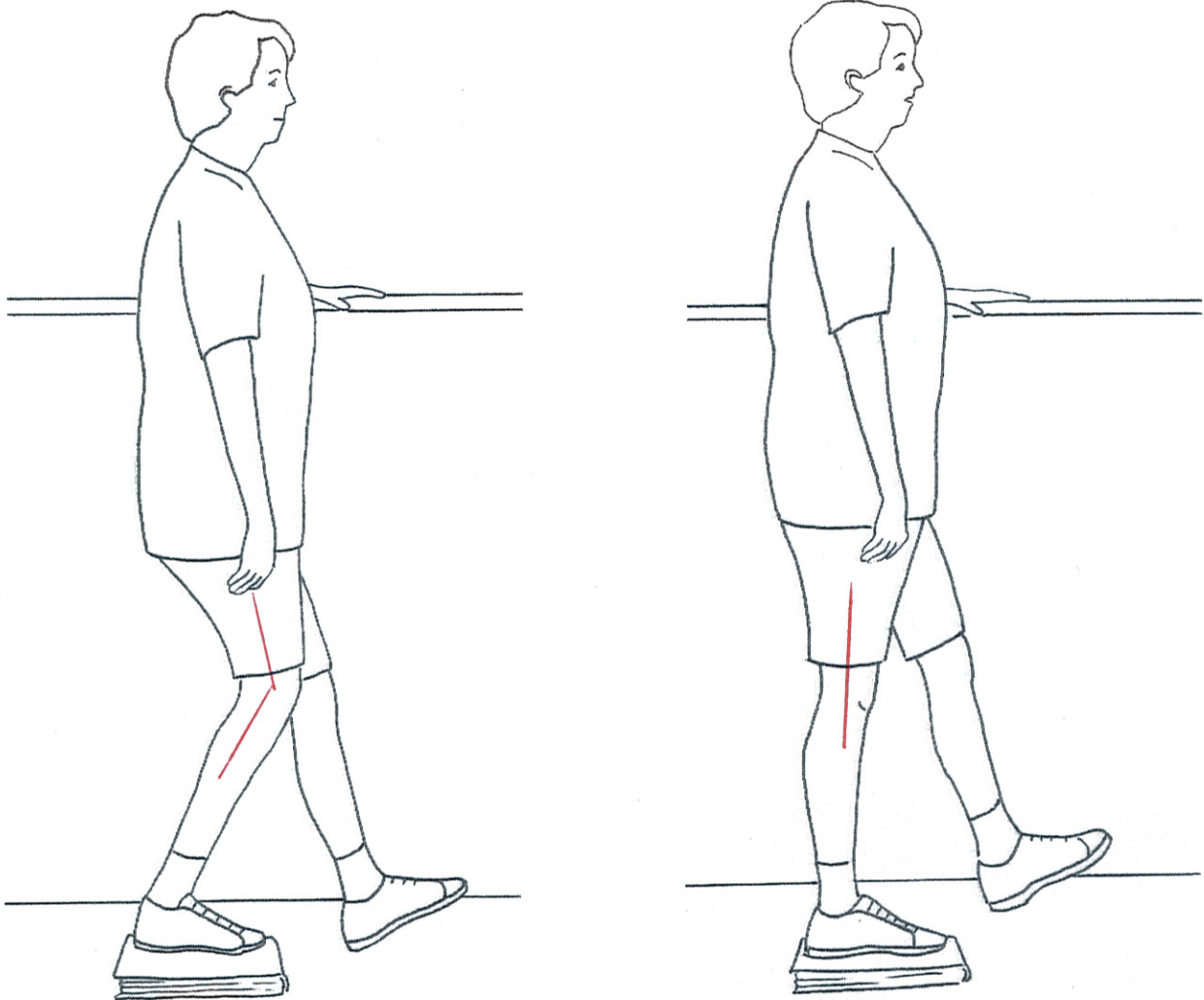


Descending Stairs- Thigh Strength & Control



Wrap a book in non-skid rug lining. Place one foot on top of book and step up. Pretend you are descending a stairwell. Bend the knee of the supporting leg (placed on the book) until the heel of the free leg touches the floor. Next, straighten the supporting leg until the knee is straight again. Repeat the bending and straightening pattern until thigh muscles fatigue.

*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin