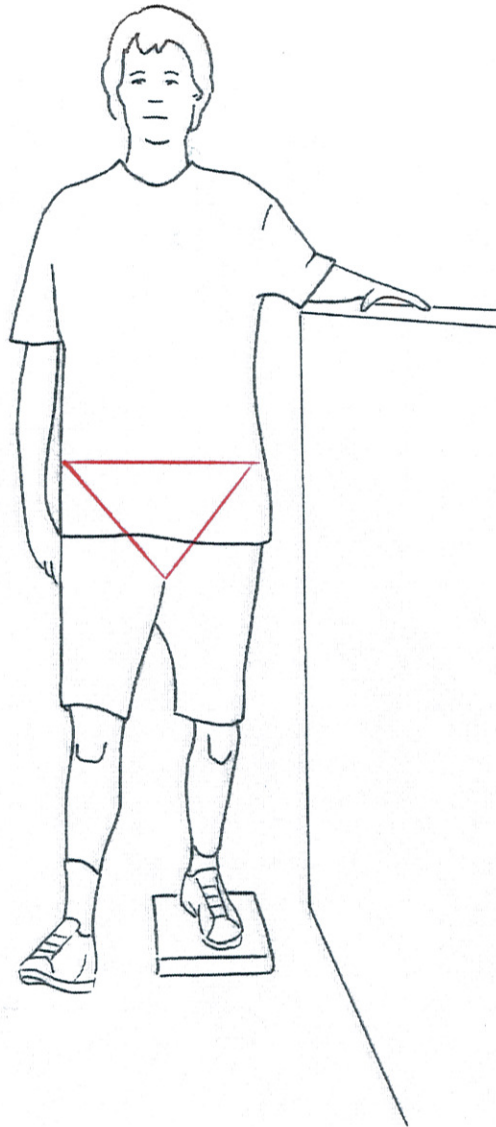


## Descend Stairs-Front View



**Notice that the pelvis remains level throughout the exercise. Do not lean sideways. 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