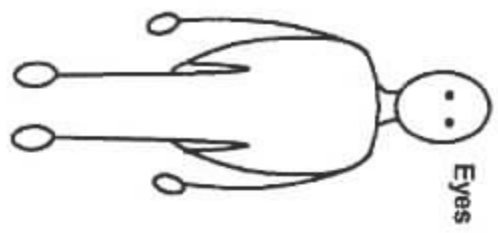
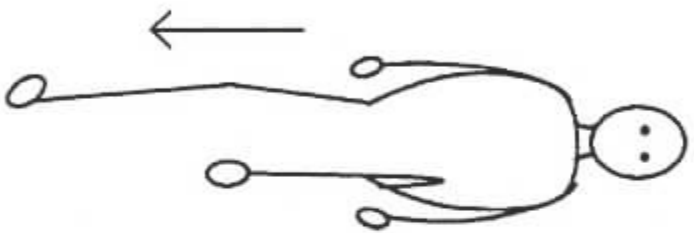


# BICYCLE

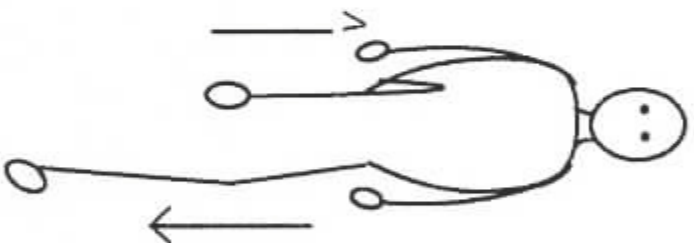
Top View



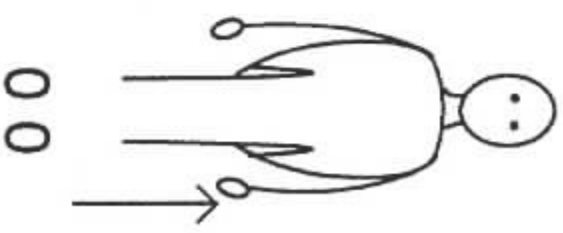
Lie on back, on floor. Bring knees up to chest. Knees together.



Slowly extend right leg, pushing with heel. When leg is fully extended, point toe.



While returning right leg with toes extended, slowly extend left leg, pushing with heel. When leg is fully extended, point toe.



Return left leg with toes extended

Do once.