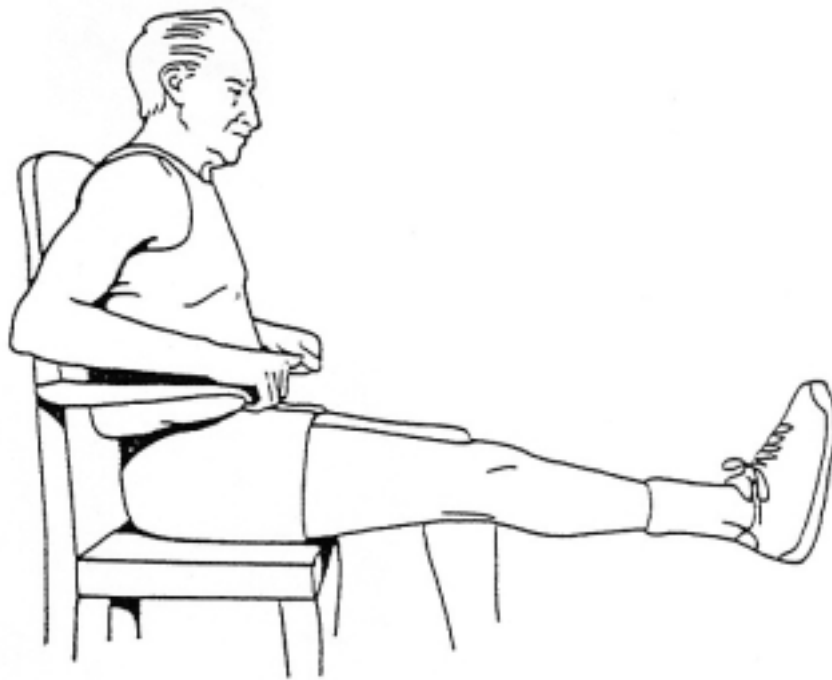




Capital Health

Seated Balance Program Quad Exercises



- Sit in a chair with your back straight.
- Straighten leg and tighten the muscle on the front.
- Keep back of leg on chair.
- Hold for ___ seconds.
- Repeat ___ times.

Capital Health promotes a smoke-free and scent-free environment. Please do not use perfumed products. Thank you!
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