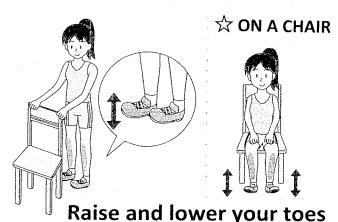
## Strengthen shin muscles

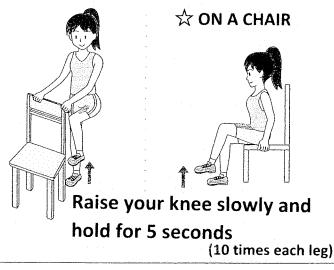


### Strengthen calf muscles



## Strengthen thigh muscles

(10-20 times)

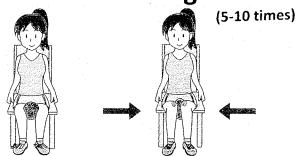


# Strengthen muscles above knees (5-10 times each leg)



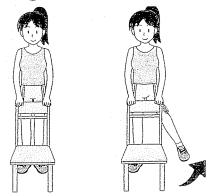
Keep your toe up and slowly extend your leg for 5 seconds without bending your knee

# Strengthen muscles inside the thigh



Hold a ball or rolled towel between your knees and slowly squeeze your thighs and hold for 5 seconds

### Strength butt muscle



With your toe facing forward, slowly raise one foot to the side and hold for 5 seconds (5-10 times each side)