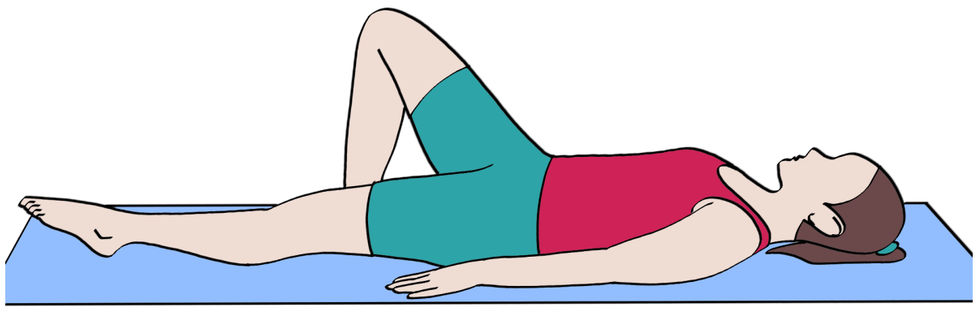
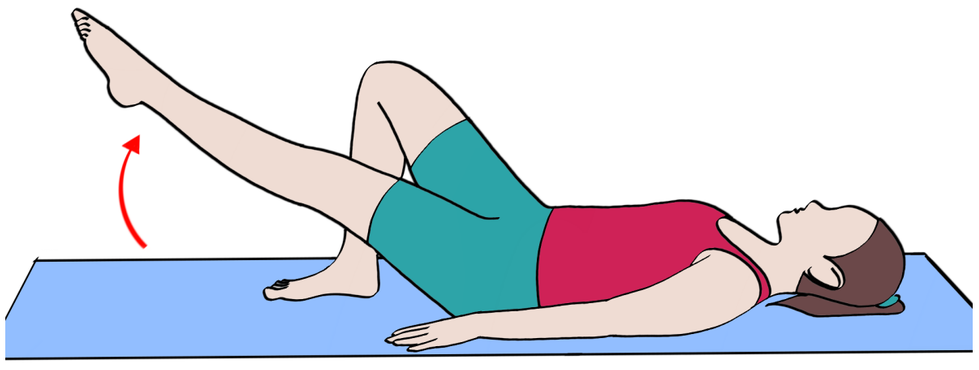
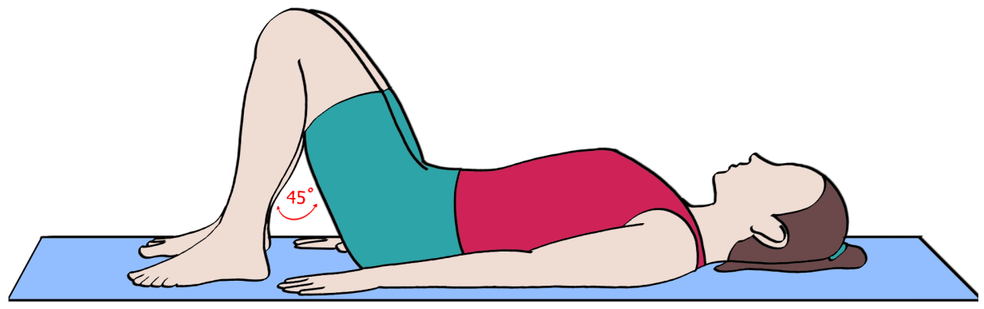
KNEE EXERCISES

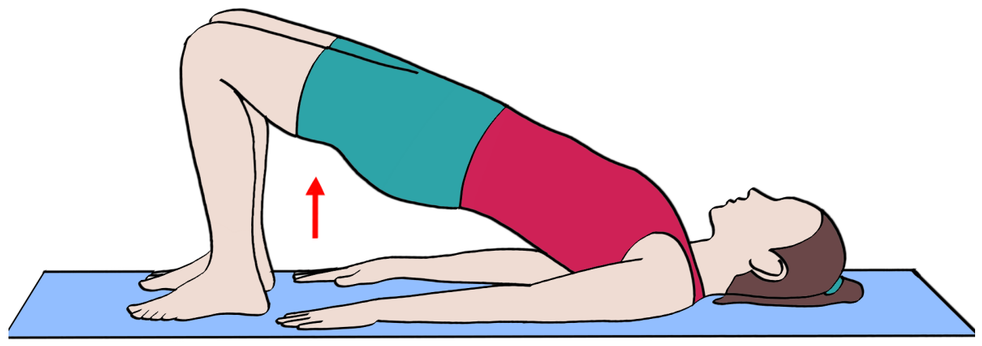
(1) Straight leg raises



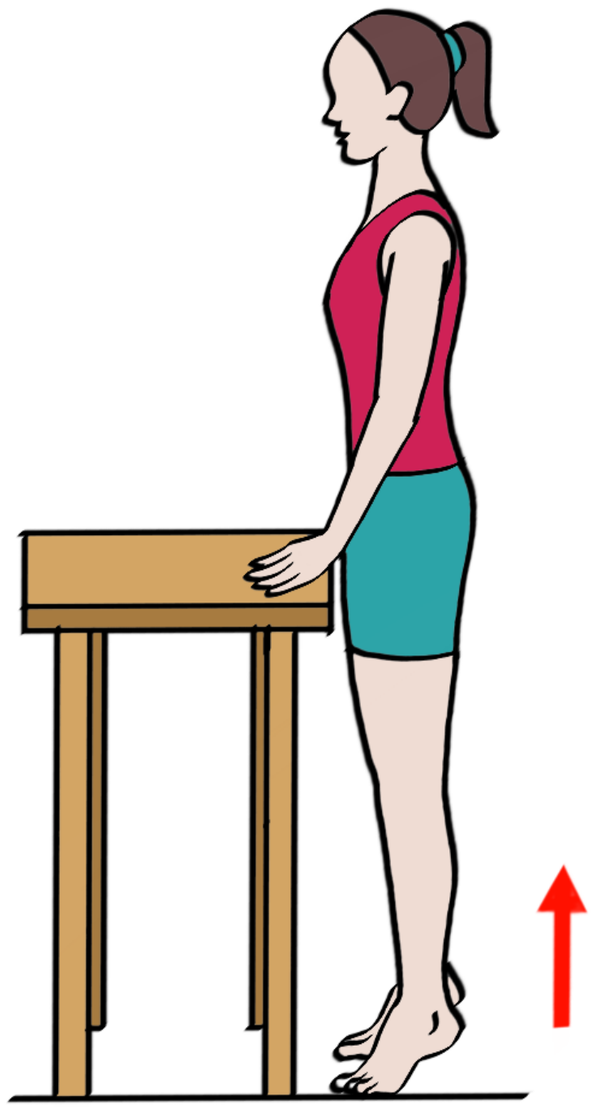


(2) Bridge

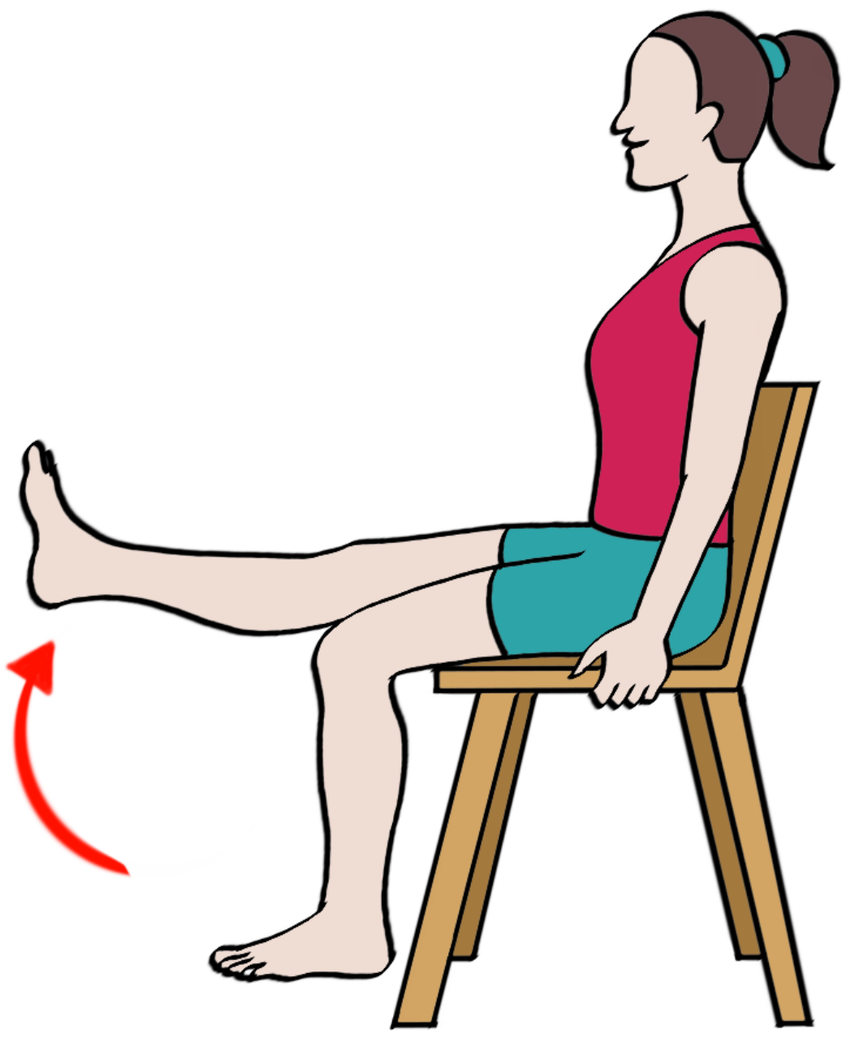




(3) Heel raises



(4) Knee extension



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