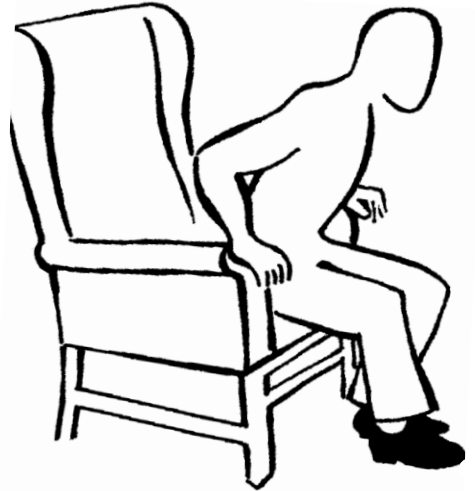
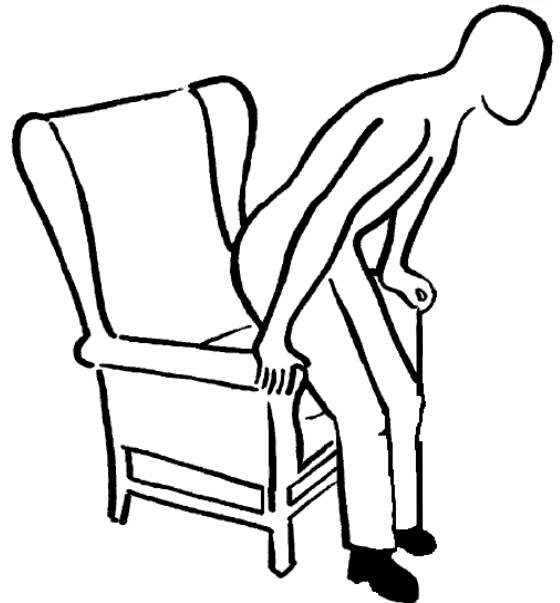


A1 SIT TO STAND

- 1** Person to shuffle bottom to front of seat with feet apart, one foot further forward.
Lean forward ('Nose over toes') then look up.



- 2** Push down on armrest with head raised and stand up.



- 3** Ensure balance is stable before walking.

