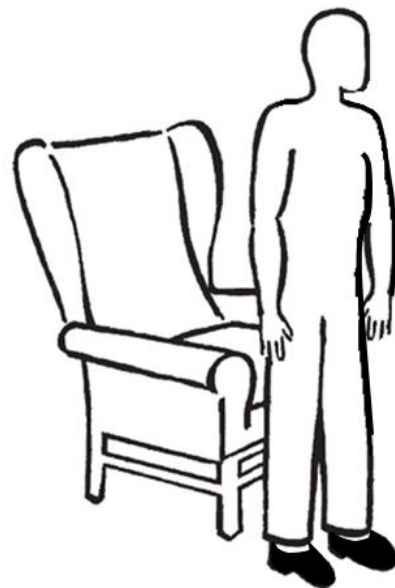
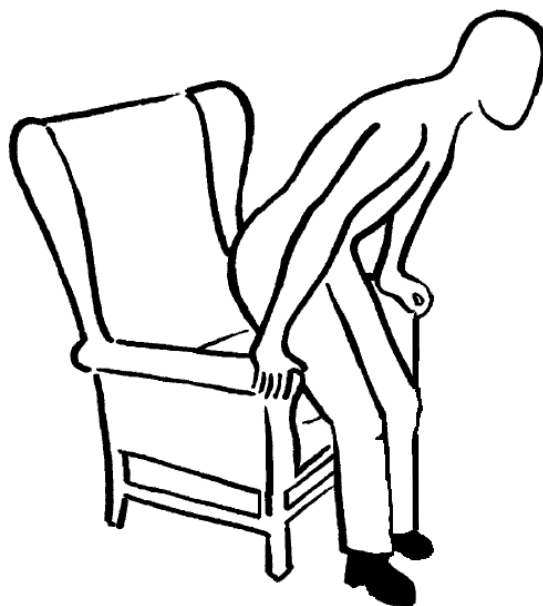


# A2 STAND TO SIT

- 1 Stand in front of chair, with back of knees touching seat.



- 2 Reach back with hands, place on armrests



- 3 Sit down.

