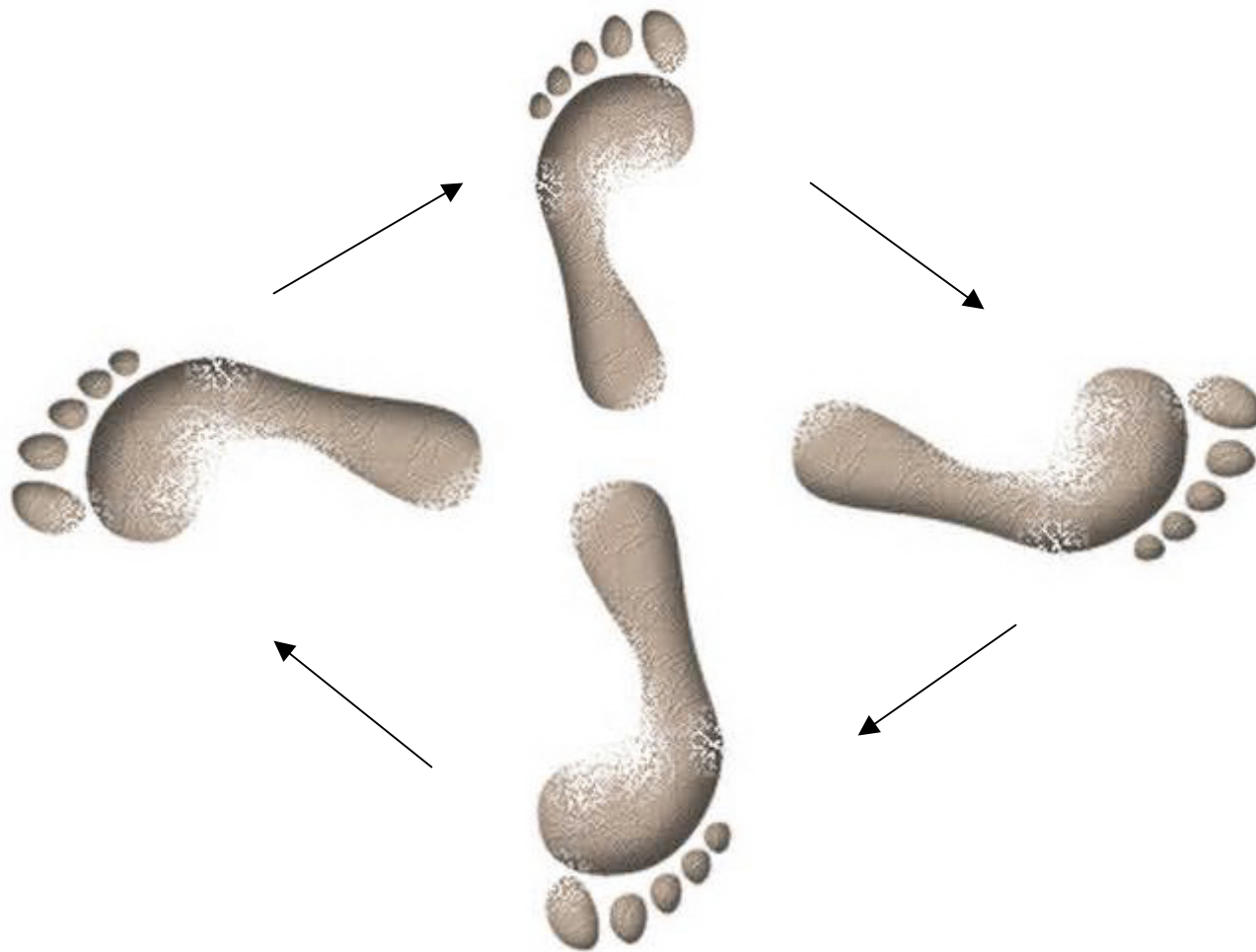
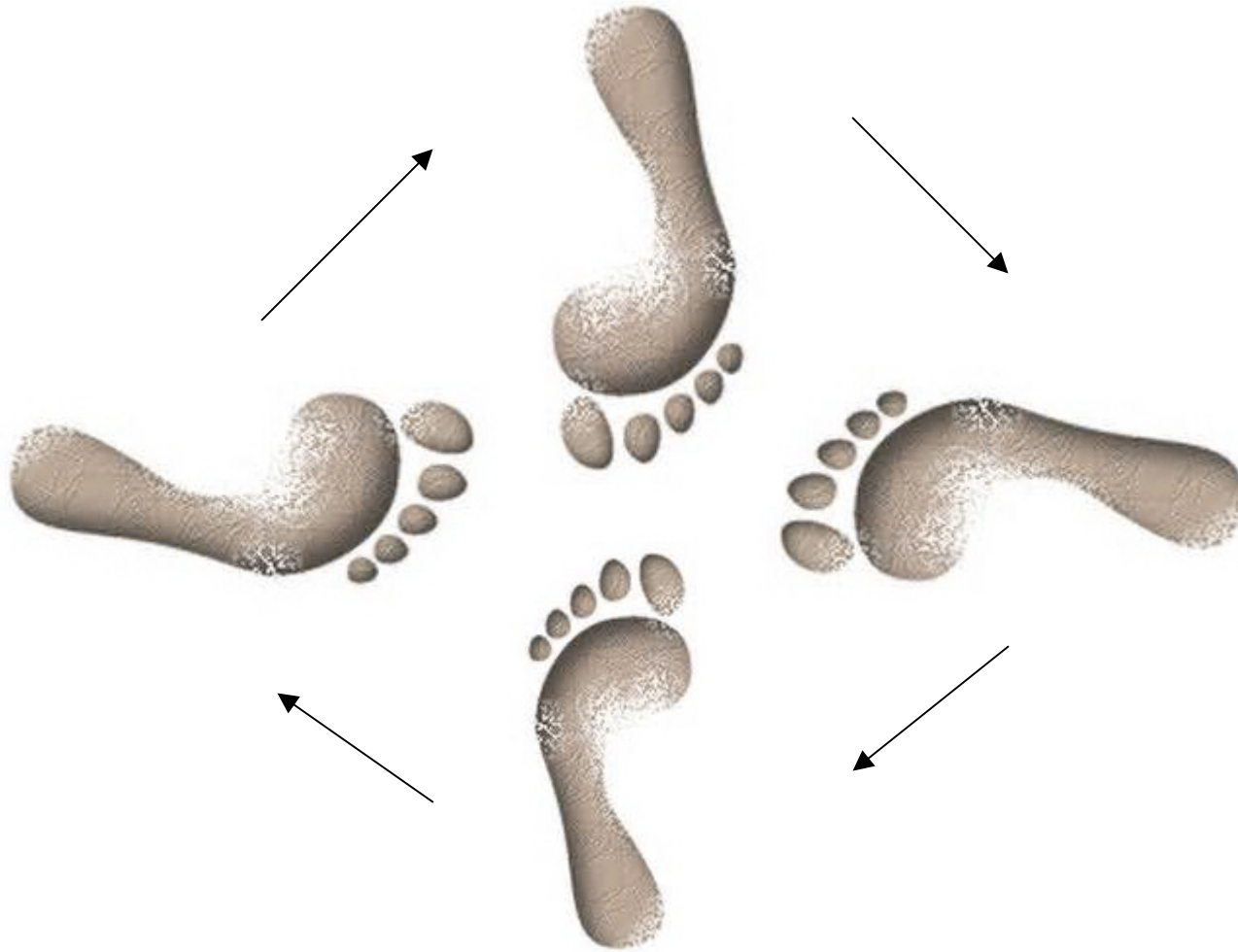


Front Crossovers



Remember to go both ways, 15 – 30 steps daily for 2 weeks

Back Crossovers



Remember to go both ways, 15 – 30 steps daily for 2 weeks