**FOOT AND LEG STRENGTHENING EXERCISES**

IN STOCKING FEET WALK 25 METERS:

1. ON THE OUTSIDE OF THE FEET
2. ON THE INSIDE OF THE FEET
3. TOES POINTING IN-PIGEON TOED
4. TOES POINTING OUT – AKA CHARLIE CHAPLIN
5. BACKWARDS ON THE TOES
6. FORWARDS ON THE HEELS