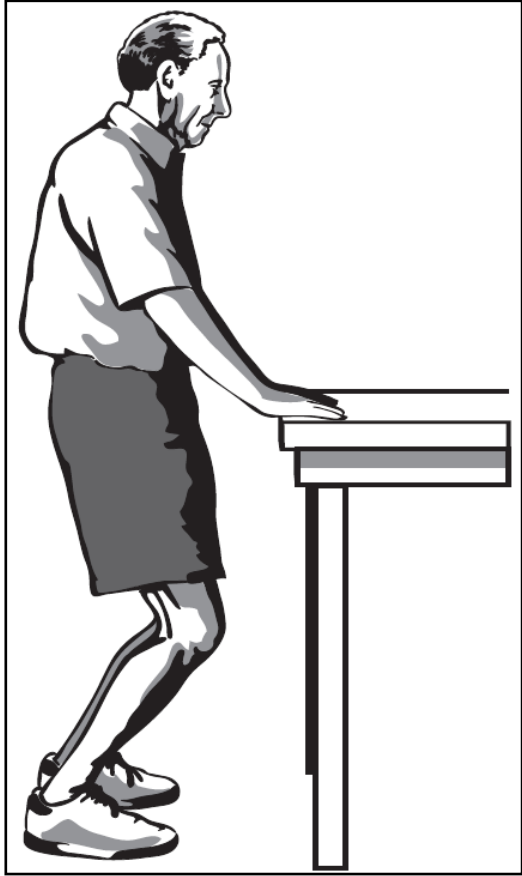
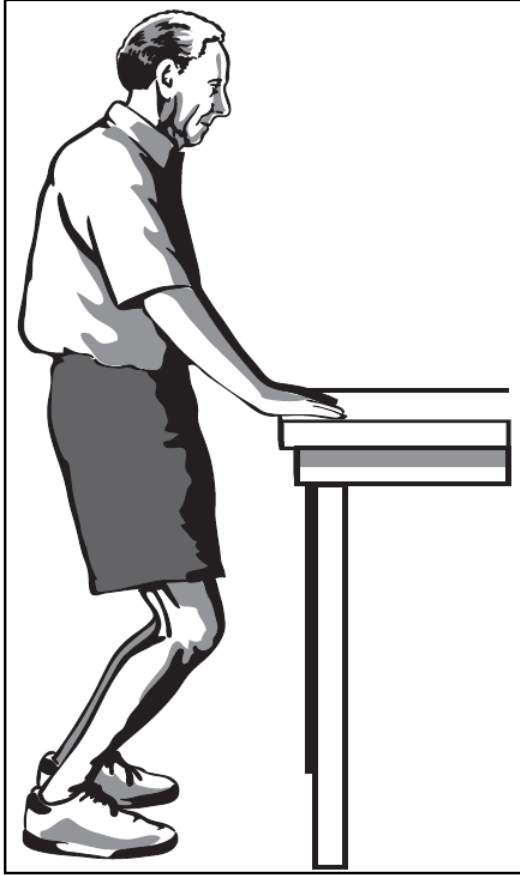


Level A



10 repetitions,  
holding onto support

Level B



10 repetitions, relying  
less on support

Level C

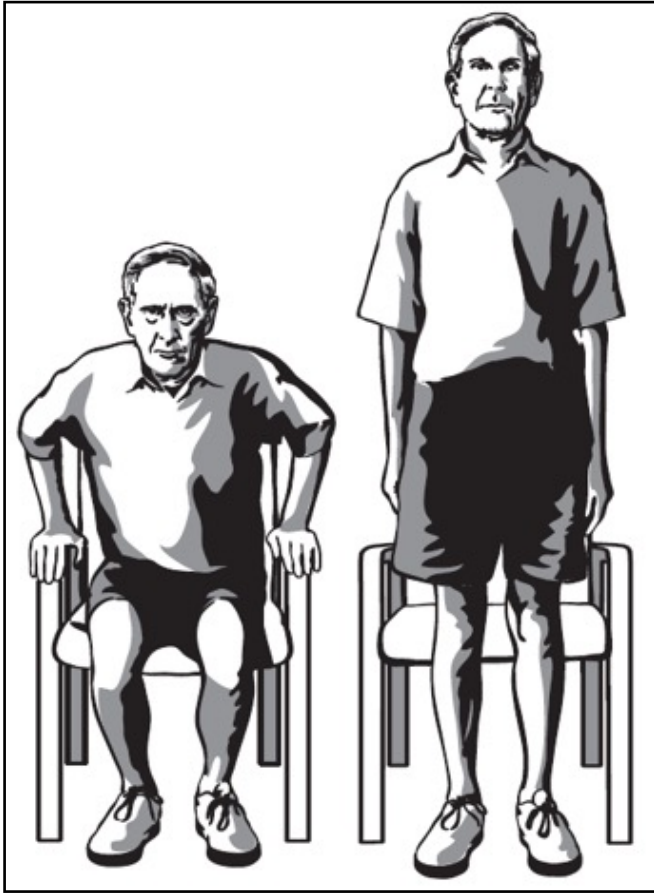


10 repetitions,  
**without** support

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# Knee bends

Level A



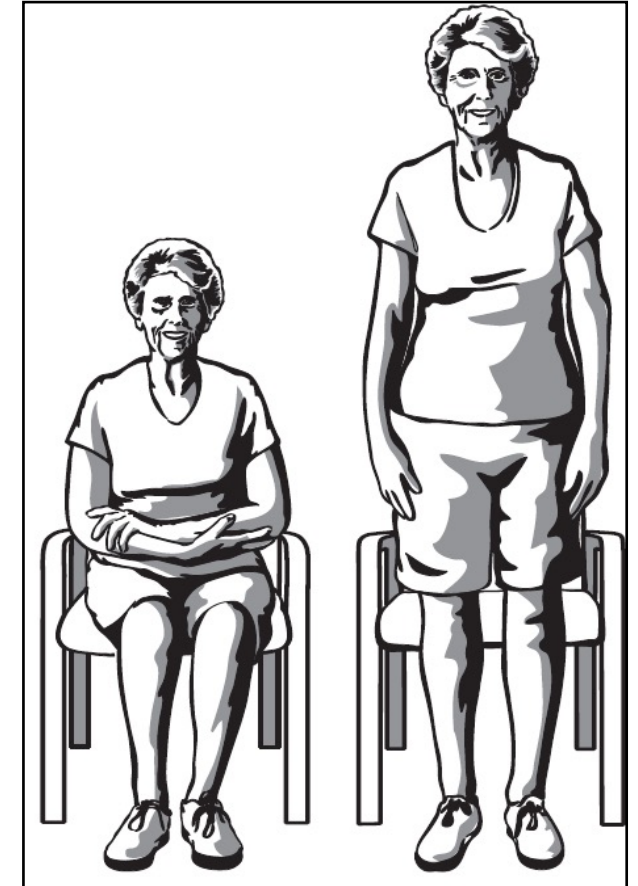
5 stands, 2 hands  
for support

Level B



5 stands, 1 hand  
for support

Level C

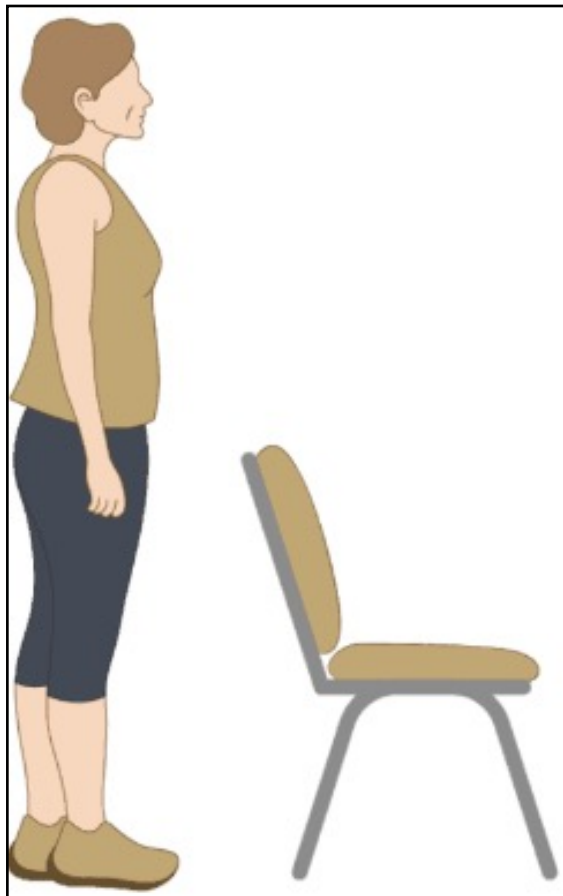


5 stands,  
**without** support

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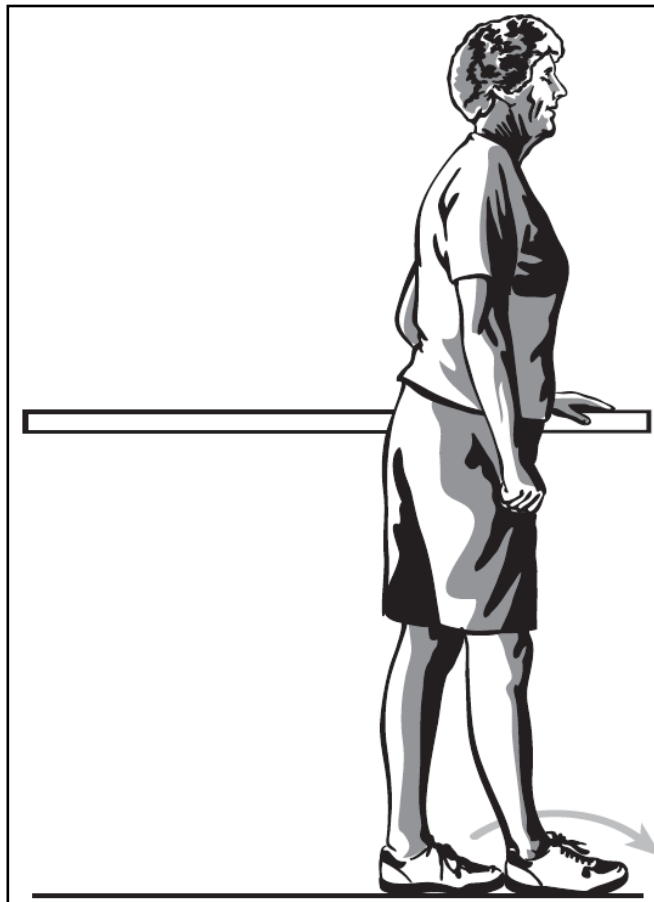
# Sit to Stands

Level A



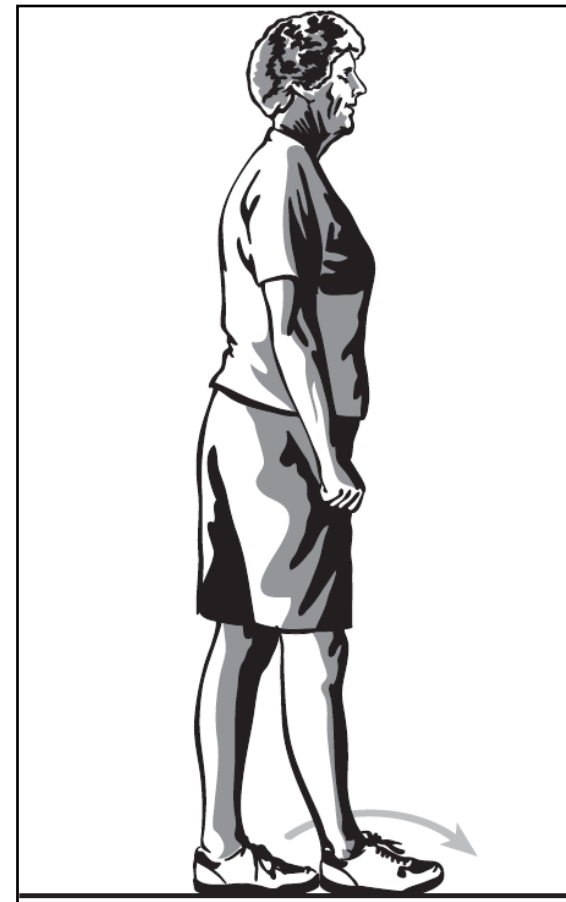
Toe to midfoot for 10 seconds  
with or without support

Level B



Hold heel to toe for 10  
seconds with support

Level C

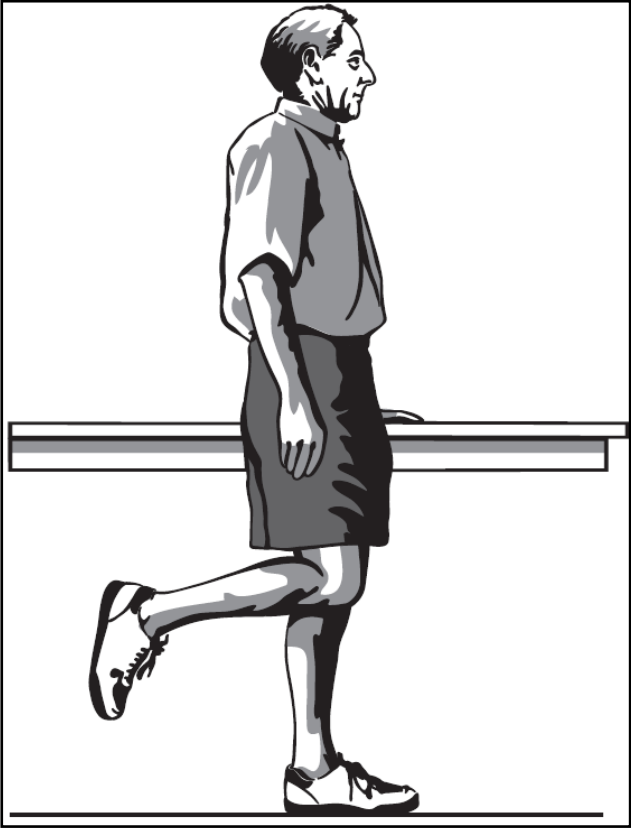


Hold heel to toe for 10  
seconds **without** support

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## Heel to Toe Stance

Level A



10 seconds, hold support

Level B

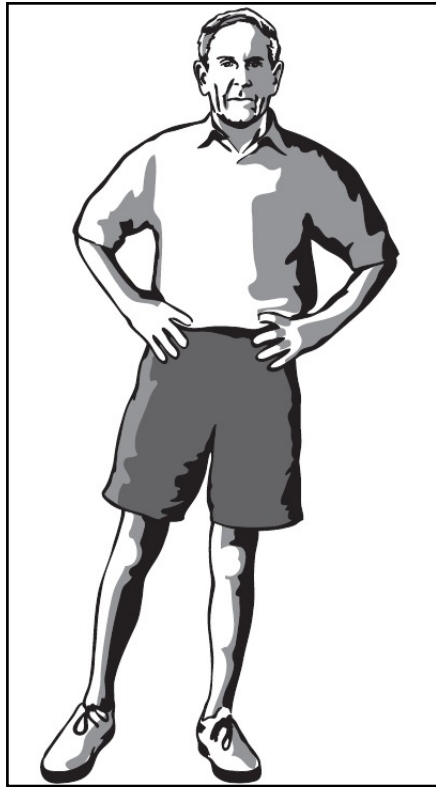


10 seconds, without support

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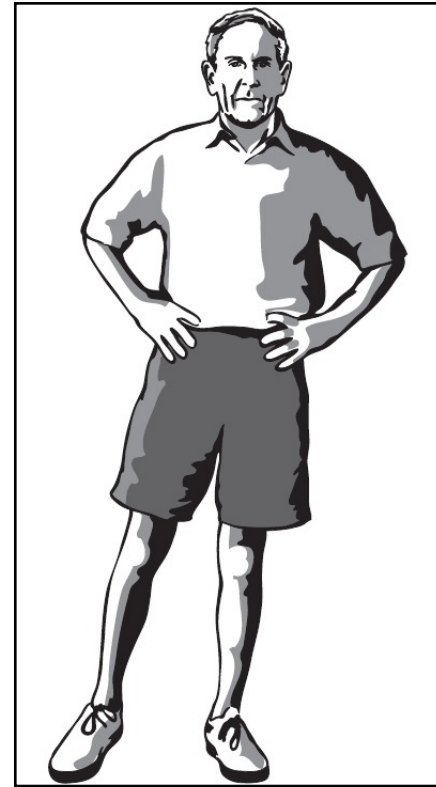
# One Leg Stand

Level B



10 steps, 4 times with  
walking aid

Level C



10 steps, 4 times  
**without** walking aid

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# Sideways Walking