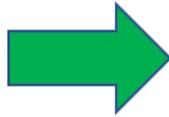
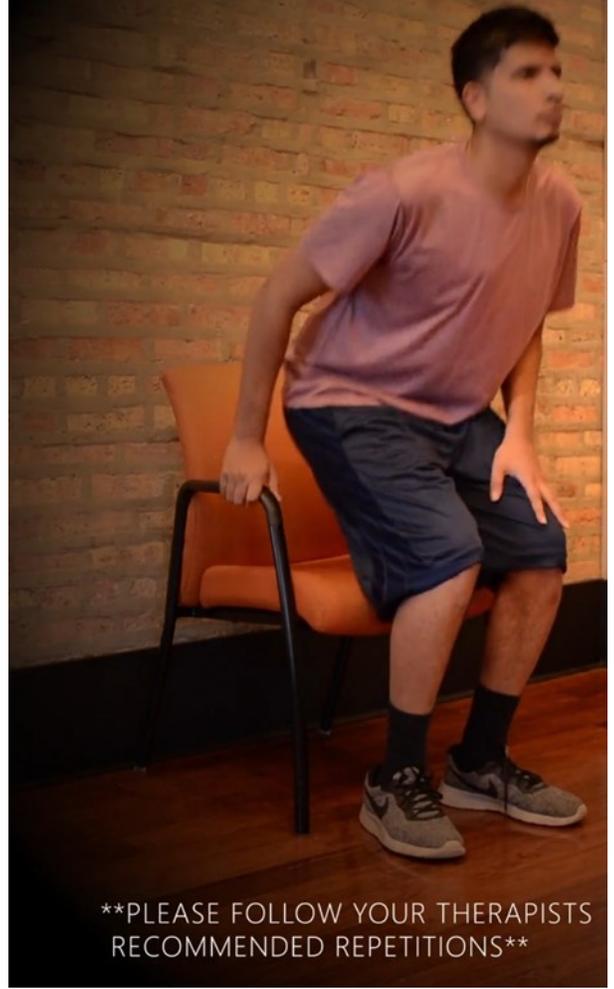


Sit to Stand One Hand Assist



Sit to Stand One Hand Assist



Start by sitting in a chair with arm rest. Hold on to the arm rest with one hand for support.

_____ Sets

_____ Repetitions

While holding on to the arm rest, raise up to a standing position. After use the same hand and reach back for the arm rest and slowly sit.

