

**April N👤 Falls  
memory game**

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Strength



Seated row with resistance band

Strength



Seated row with resistance band

Strength



Back leg raise

Flexibility



Calf stretch

Strength



Back leg raise

Flexibility



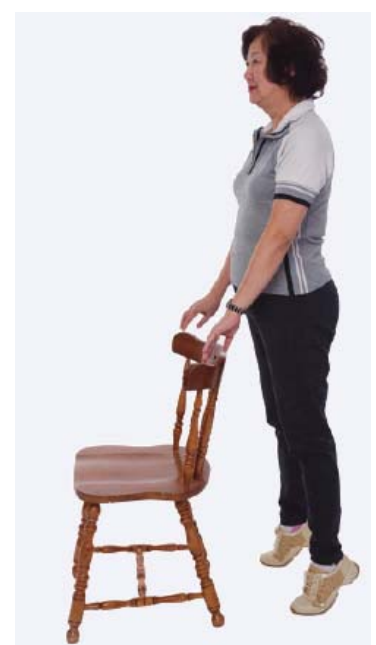
Calf stretch

Balance



Toe stand

Balance



Toe stand



Strength



Hand grip

Strength



Hand grip

Strength



Wall push up

Strength



Overhead arm raise

Strength



Wall push up

Strength



Overhead arm raise

Strength



Arm curl

Strength



Arm curl

Strength



Arm curl with resistance band

Strength



Arm curl with resistance band

Strength



Side leg raise

Strength



Elbow extension

Strength



Side leg raise

Strength



Elbow extension

Strength



Chair stand

Strength



Chair stand

Strength



Knee curl

Strength



Knee curl

Balance



Stand on one foot

Flexibility



Inner thigh

Flexibility



Buddy stretch

Balance



Stand on one foot

Flexibility



Inner thigh

Balance



Heel to toe walk

Balance



Heel to toe walk

Balance



Balance walk

Balance



Balance walk

Flexibility



Back 2

Flexibility



Back 1

Flexibility



Buddy stretch

Flexibility



Back 2

Flexibility



Back 1

Flexibility



Shoulder

Flexibility



Shoulder

Flexibility



Shoulder/chest

Flexibility



Shoulder/chest

Flexibility



Shoulder and upper arm

Flexibility



Upper body

Flexibility



Shoulder and upper arm

Flexibility



Upper body

Flexibility



Neck

Flexibility



Neck

Flexibility



Floor exercise

Flexibility



Floor exercise

Flexibility



Back of leg

Flexibility



Lower back

Flexibility



Back of leg

Flexibility



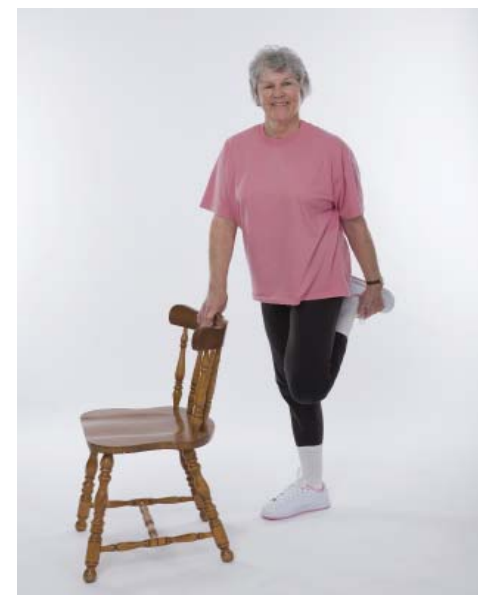
Lower back

Flexibility



Thigh

Flexibility



Thigh