
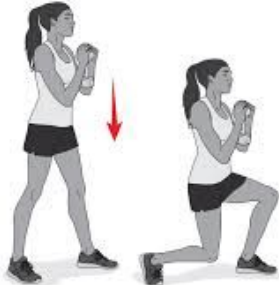
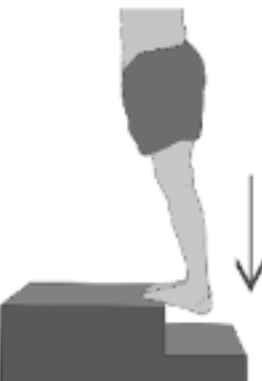

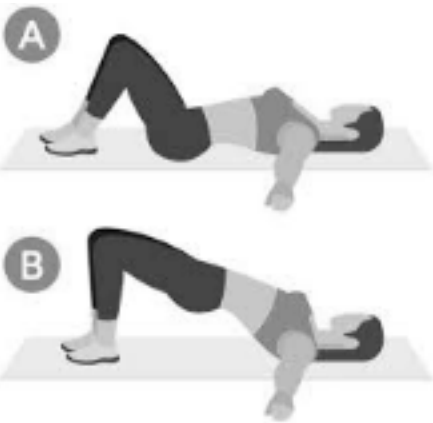
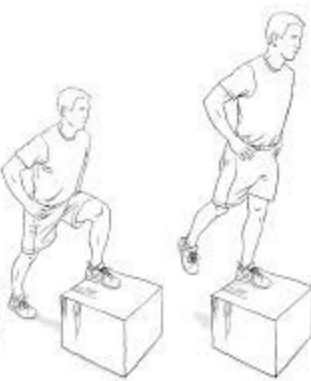


Hiking exercises

	
<p>Squat to chair- Slow lowering</p>	<p>Split Stance Squat</p>
	
<p>Active calf stretch</p>	<p>Active squatting ankle mobility- rock side to side</p>
	
<p>Glute Bridge</p>	<p>Box Step up</p>