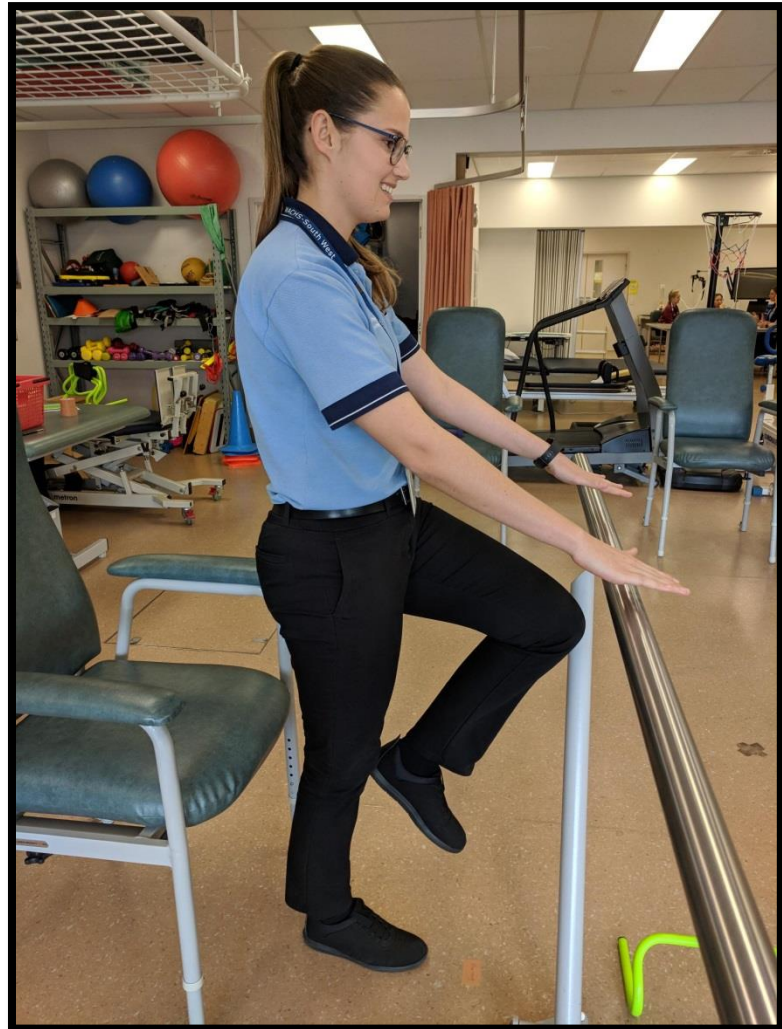
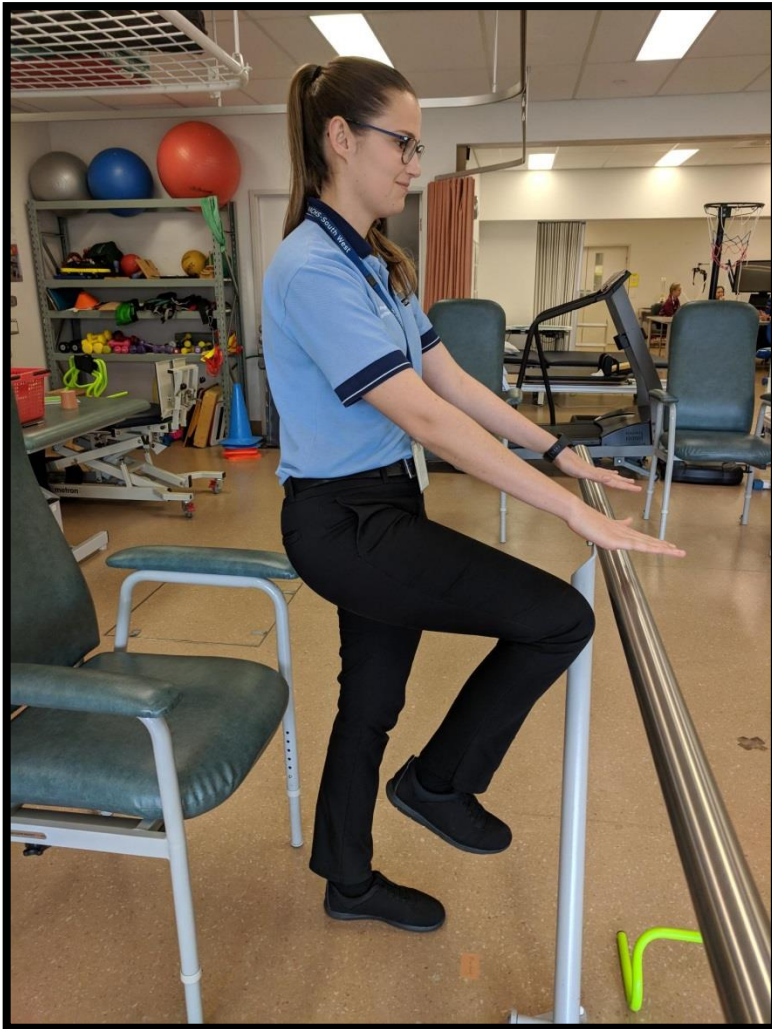


March in a sitting position

Equipment:

- Chair



March in a standing position

Equipment:

- Chair
- Parallel bars