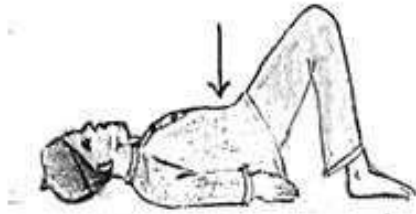
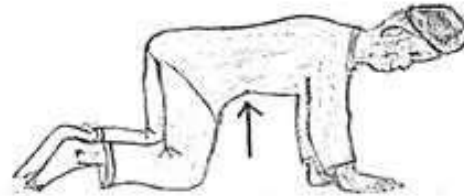


STAGE ONE



ADIM in lying



ADIM in quadruped



ADIM in sitting



ADIM in standing

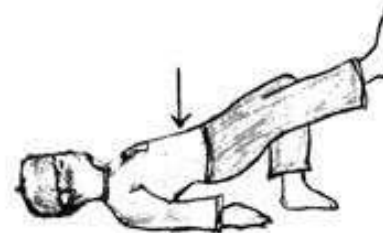
STAGE TWO



Supine ADIM with leg lift



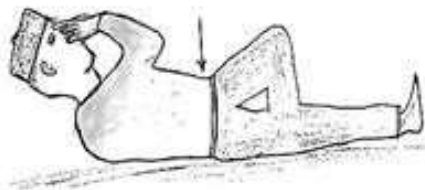
Supine ADIM with two-leg bridge



Supine ADIM with one-leg bridge



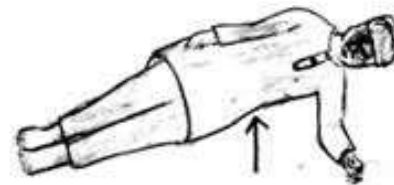
Supine ADIM with curl-up and elbows on the table



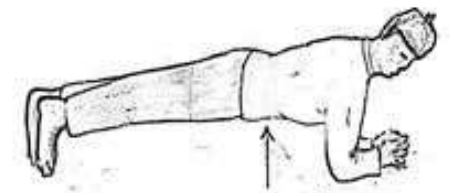
Supine ADIM with curl-up and hands over the forehead



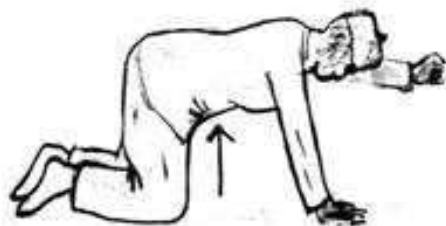
ADIM in horizontal side support with knees bent



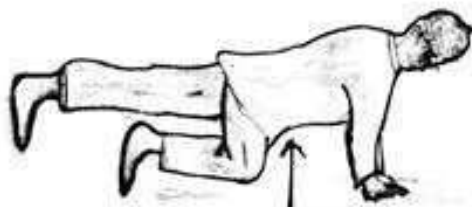
ADIM in horizontal side support with knees straight



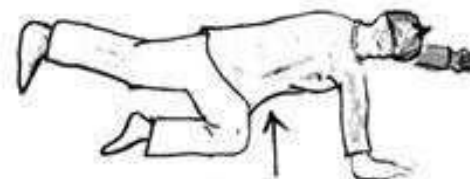
Side-lying horizontal side support with ADIM



ADIM in quadruped with
arm raise

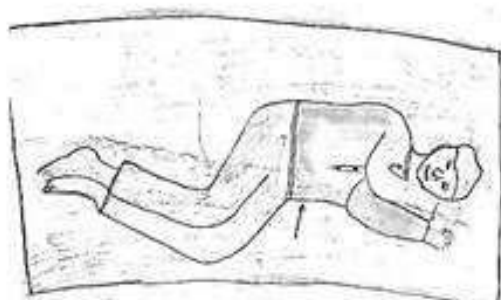


ADIM in quadruped with leg
raise

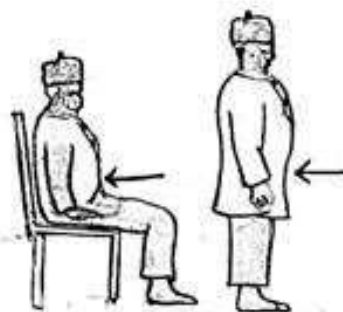


ADIM in quadruped with alternate
arm and leg raise

STAGE THREE



Rolling from side to side with
ADIM



Sit to stand with ADIM



Wall squatting with ADIM



Walking with ADIM