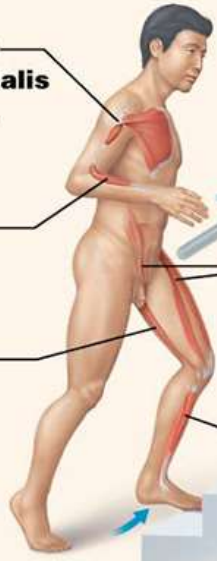


**Pectoralis major** and **coracobrachialis** flex your right arm.

**Brachioradialis** flexes your right forearm.

**Hamstrings** flex your left leg at the knee.



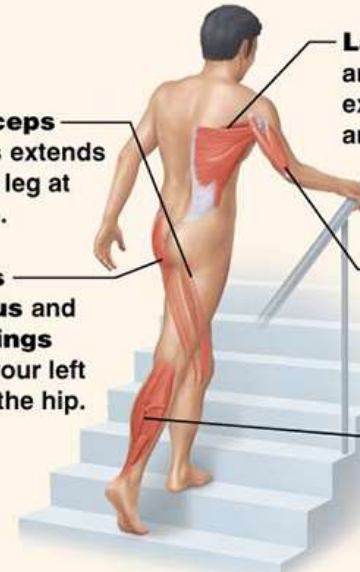
**Iliopsoas, rectus femoris, and sartorius** flex your left thigh at the hip.

**Tibialis anterior and extensor digitorum longus** dorsiflex your left foot at the ankle.

① Bring your left foot to the first step and flex your right arm to reach for the handrail.

**Quadriceps femoris** extends your left leg at the knee.

**Gluteus maximus and hamstrings** extend your left thigh at the hip.



**Latissimus dorsi and teres major** extend your right arm at the shoulder.

**Triceps brachii** extends your right forearm.

**Gastrocnemius and soleus plantar** flex your right foot at the ankle.

② Stand upright on your left leg and extend your right arm and forearm on the handrail.

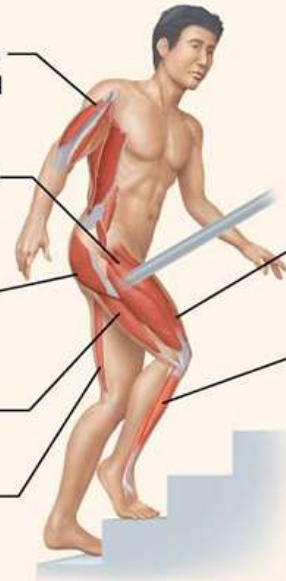
**Latissimus dorsi, teres major, and triceps brachii** hyperextend your right arm at the shoulder.

**Iliopsoas, rectus femoris, and sartorius** flex your right thigh at the hip.

**Gluteus maximus and hamstrings** extend your right thigh at the hip.

**Hamstrings** flex your right leg at the knee.

**Hamstrings** flex your left leg at the knee.



**Quadriceps femoris** extends your right leg at the knee.

**Tibialis anterior and extensor digitorum longus** dorsiflex your right foot at the ankle.

③ Bring your right leg to the next step and extend it. Take the weight off your left leg and hyperextend your right arm to swing it forward again, reaching for the handrail.