

# SLANT BOARD DIAGRAM

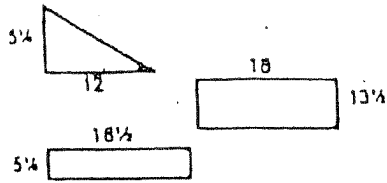
47.

Use  $\frac{3}{4}$ " Plywood

2 ends  $5\frac{1}{4}$  x 12

1 top  $13\frac{1}{2}$  x 18

1 front  $5\frac{1}{4}$  x  $18\frac{1}{2}$



POSITION: Stand with toes toward the top, recommend with shoes.

TIME: 20-30 seconds on board, step off for 10 seconds.

Repeat 6 times, twice a day,

4-5 days per week.

