Video transcript:

First day of treadmill training

Week 2: Resisted walking overground

Week 2: Resisted walking with lite gait

Week 4: Resisted walking

Week 4: Walking on an incline

Week 4: Running on a treadmill

Week 4: Resisted lateral stepping

Week 6: Up stairs backwards with weighted vest

Week 6: Running on a treadmill

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