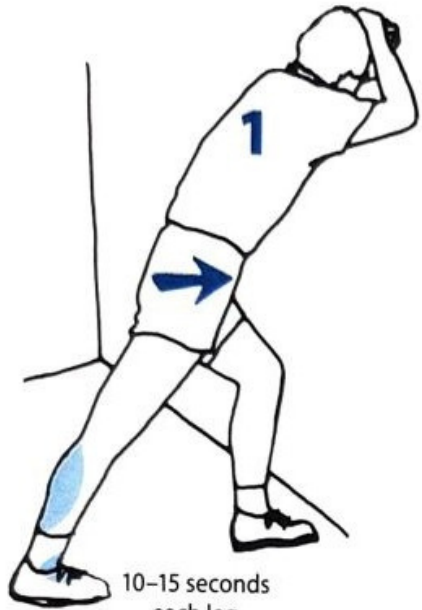


APPROXIMATELY 6 MINUTES

Warm up with 2-3 minutes of walking before stretching.



10-15 seconds  
each leg  
(page 71)

15-30 seconds  
(page 55)



15-20 seconds  
(page 54)



10-15 seconds  
each leg  
(page 75)



10-15 seconds  
each leg  
(page 53)



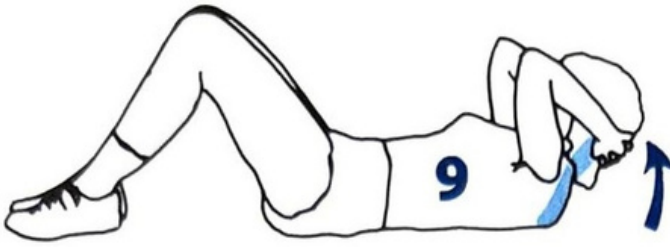
10-15 seconds  
(page 58)



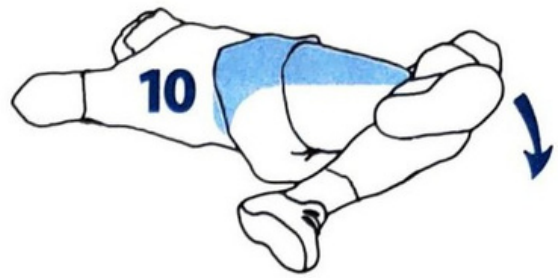
8-10 seconds  
each side  
(page 60)



3-5 seconds  
2 times  
(page 28)



3-5 seconds  
2 times  
(page 27)



10-15 seconds  
each side  
(page 27)



5 seconds  
2 times  
(page 30)



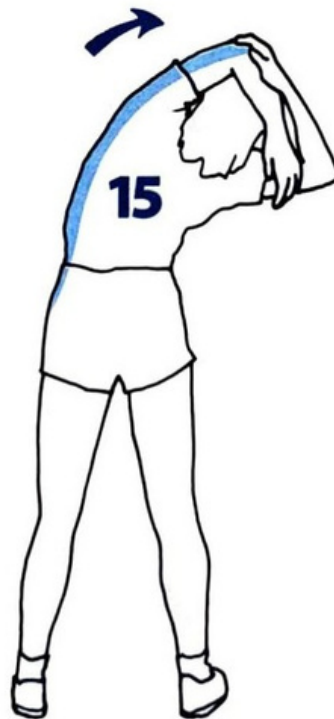
10-15 seconds  
(page 42)



10-15 seconds  
(page 46)



10 seconds  
each arm  
(page 44)



8-10 seconds  
each side  
(page 44)



10-15 seconds  
2 times  
(page 47)

**Short on time?**  
**Do this mini-routine:**  
1, 2, 5, 13, 14, 15, 16  
Approx. 3 minutes