

## APPROXIMATELY 8 MINUTES

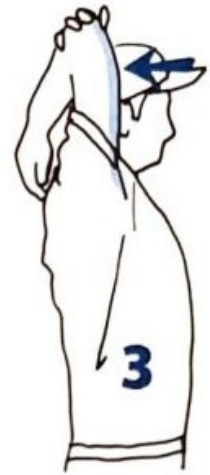
Jog around the baseball field once before stretching.



5 seconds  
2-3 times  
(page 46)



8-10 seconds  
each arm  
(page 47)



8-10 seconds  
each arm  
(page 44)



10 seconds  
each side  
(page 44)



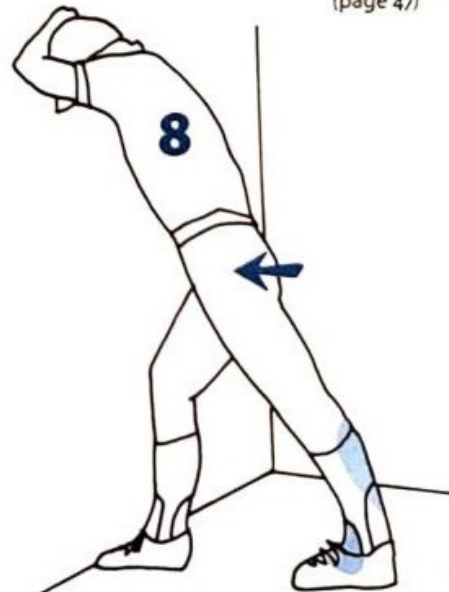
15 seconds  
each arm  
(page 43)



10-15 seconds  
each arm  
2 times  
(page 47)



10-20 seconds  
(page 43)



10-15 seconds  
each leg  
(page 71)



10–15 seconds  
each leg  
(page 53)



10–20 seconds  
(page 65)



15–30 seconds  
(page 58)



8–10 seconds  
each side  
(page 60)



8–10 seconds  
each leg  
(page 36)



10–15 seconds  
each side  
(page 27)



10–15 seconds  
each leg  
(page 58)



10–15 seconds  
each leg  
(page 31)

**Short on time?**  
**Do this mini-routine:**  
1, 3, 5, 9, 11, 12, 14, 16  
Approx. 4 minutes