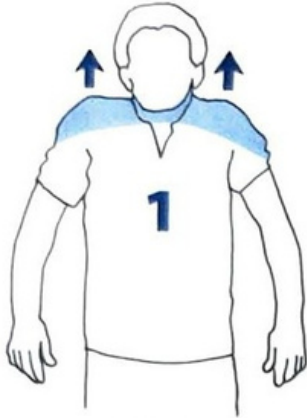


**APPROXIMATELY 8 MINUTES**

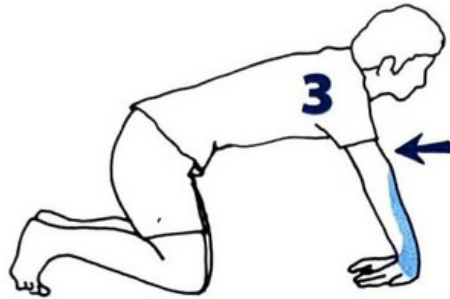
Walk for several minutes before stretching.



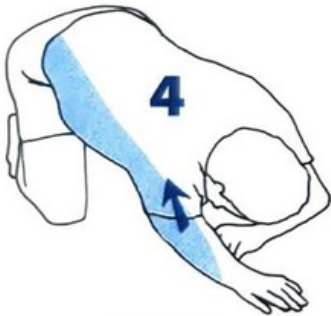
5 seconds  
3 times  
(page 46)



10-20 seconds  
each leg  
(page 53)



10-20 seconds  
2 times  
(page 42)



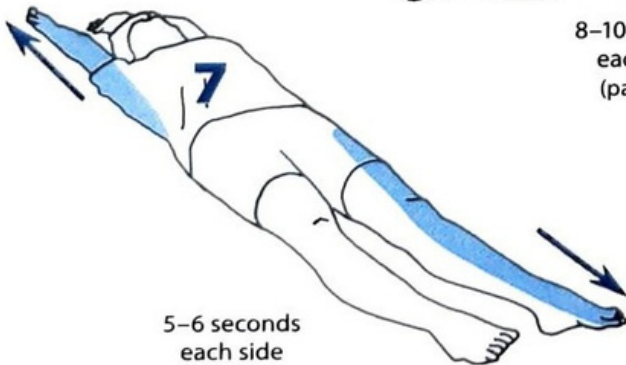
5 seconds  
each arm  
(page 42)



20-30 seconds  
(page 58)



8-10 seconds  
each side  
(page 60)



5-6 seconds  
each side  
2 times  
(page 30)



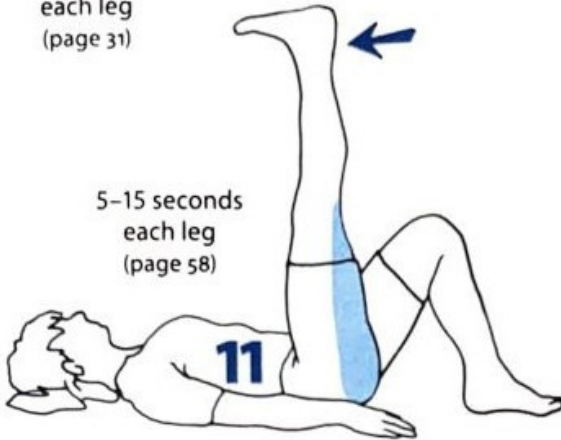
3-5 seconds  
2 times  
(page 27)



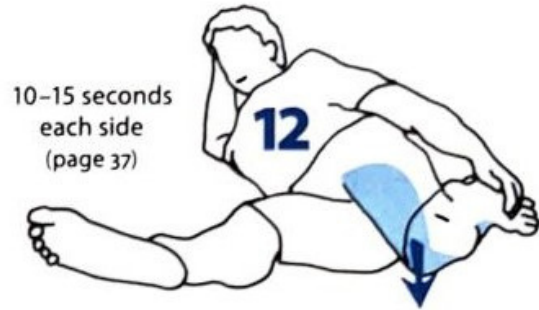
15–20 seconds  
each leg  
(page 31)



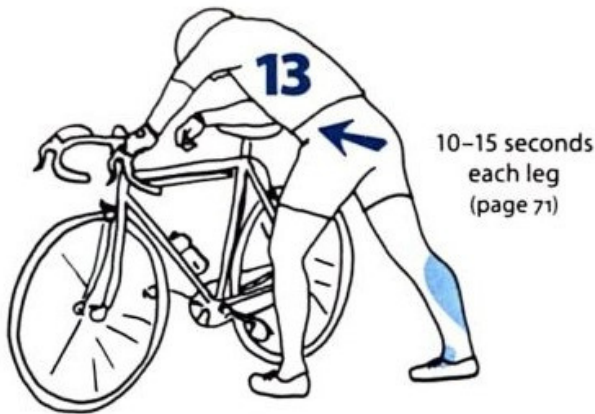
15–20 seconds  
each side  
(page 26)



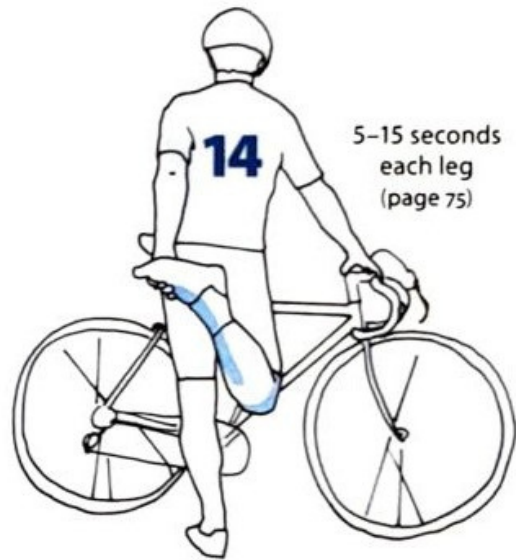
5–15 seconds  
each leg  
(page 58)



10–15 seconds  
each side  
(page 37)



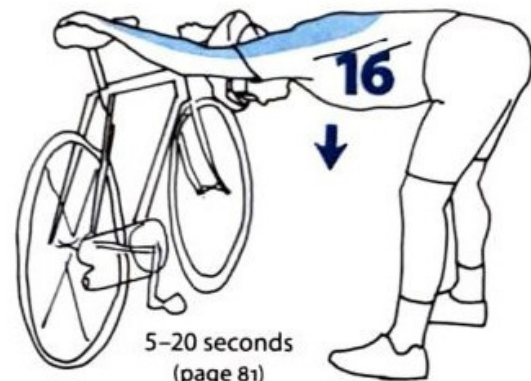
10–15 seconds  
each leg  
(page 71)



5–15 seconds  
each leg  
(page 75)



5–30 seconds  
(page 66)



5–20 seconds  
(page 81)

**Short on time?**  
**Do this mini-routine using your bike:**  
2, 13, 14, 15, 16  
Approx. 3½ minutes