

APPROXIMATELY 5 MINUTES

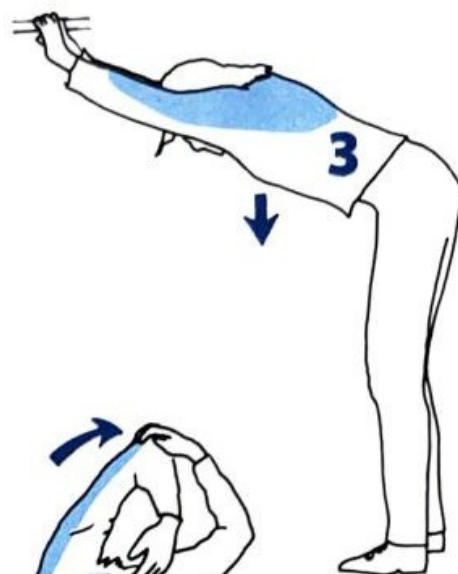
Walk for 2–3 minutes before stretching.



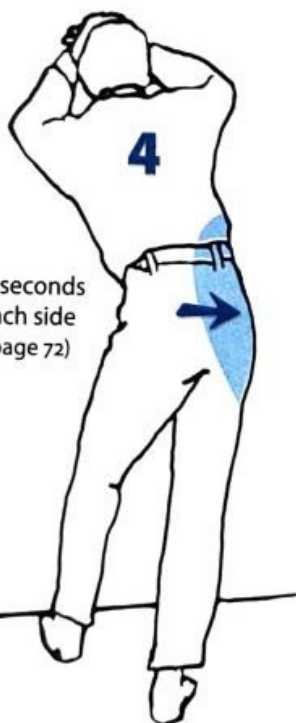
3–5 seconds  
2 times  
(page 46)



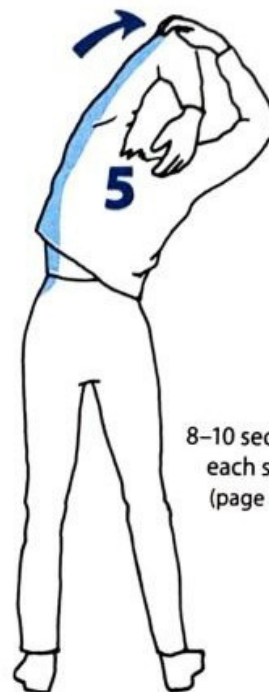
3–5 seconds  
each side  
(page 46)



10–20 seconds  
(page 81)



10 seconds  
each side  
(page 72)



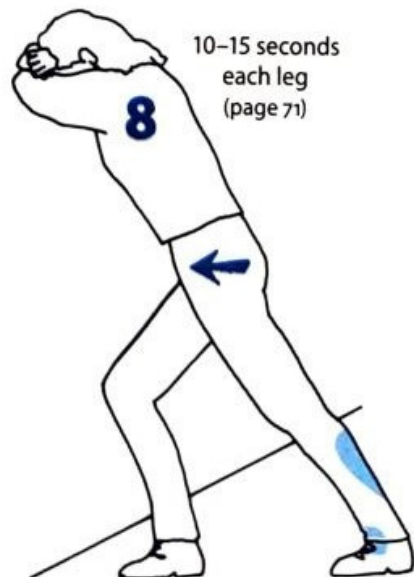
8–10 seconds  
each side  
(page 44)



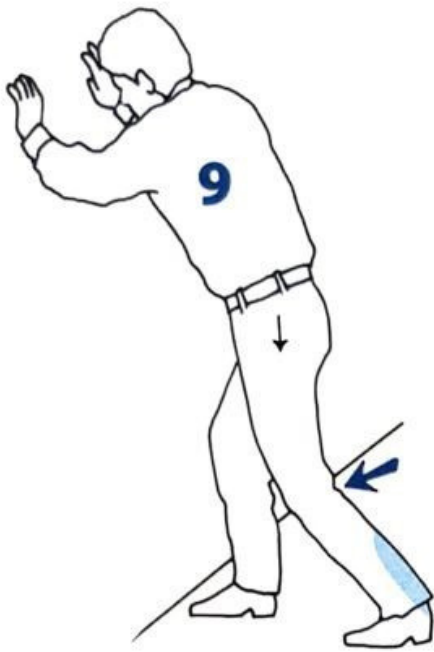
3–5 seconds  
2 times  
(page 28)



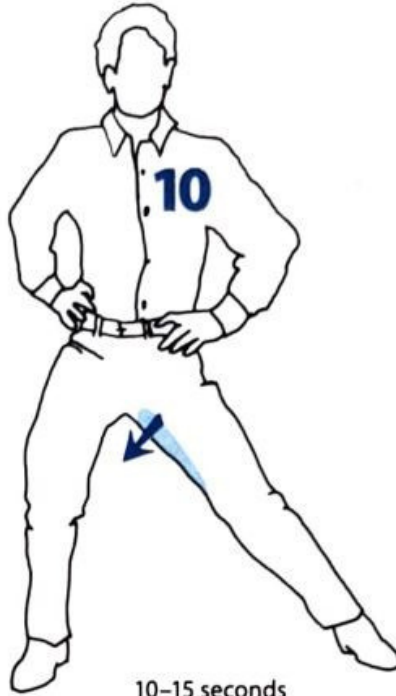
20 seconds  
(page 65)



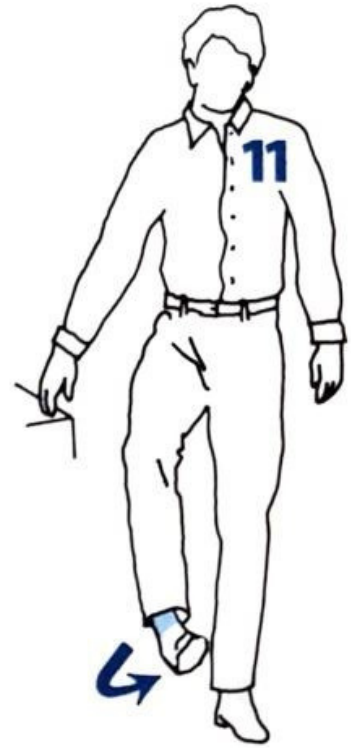
10–15 seconds  
each leg  
(page 71)



5-8 seconds  
each leg  
(page 71)



10-15 seconds  
each leg  
(page 73)



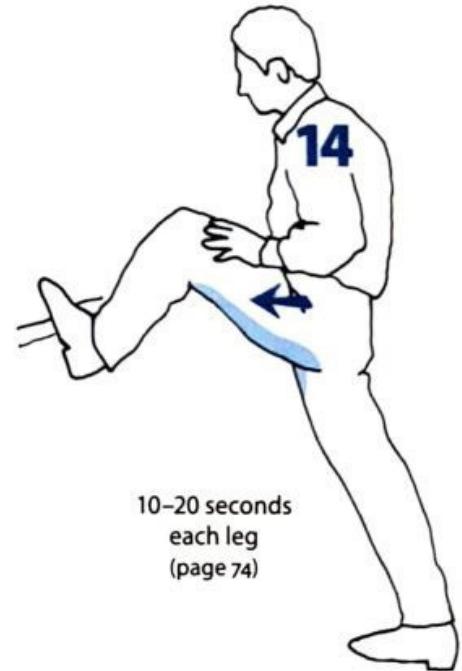
Rotate each foot  
10-15 times  
(page 71)



10 seconds  
each leg  
(page 73)



10 seconds  
each leg  
(page 75)



10-20 seconds  
each leg  
(page 74)

**Short on time?**  
**Do this mini-routine:**  
1, 3, 7, 9, 12  
Approx. 1½ minutes