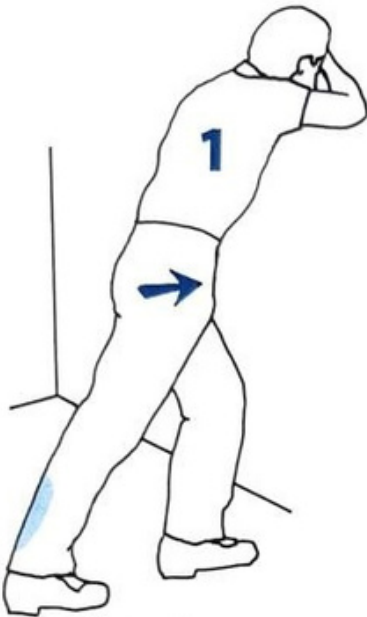


APPROXIMATELY 6 MINUTES

Walk for several minutes before stretching.



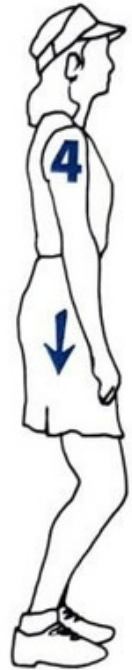
10 seconds each leg (page 71)



10-15 seconds (page 46)



10 seconds each arm 2 times (page 44)



15-20 seconds (page 55)



10 seconds (page 88)



10 seconds (page 88)



10 seconds (page 88)



10 seconds (page 88)



10 seconds (page 89)



8



Rotate 10-15 times each direction (page 88)



10 seconds
each arm
(page 43)



8-10 seconds
each side
(page 81)



8-10 seconds
each side
(page 79)



Rotate each foot
10-15 times
(page 71)



5 seconds
3 times
(page 46)



3-5 seconds each side
2 times
(page 92)



10-15 seconds
(page 46)



5 seconds
3 times
(page 91)

Short on time?
Do this mini-routine:
1, 2, 4, 5, 6, 9, 10, 16
Approx. 3 minutes