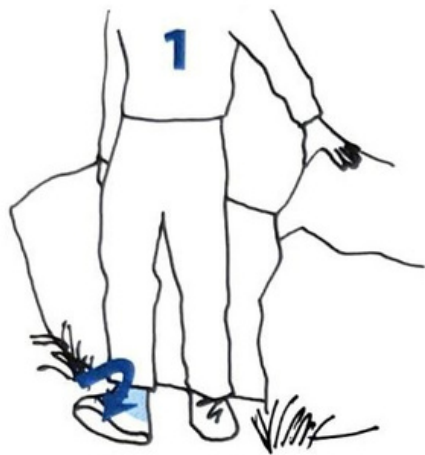
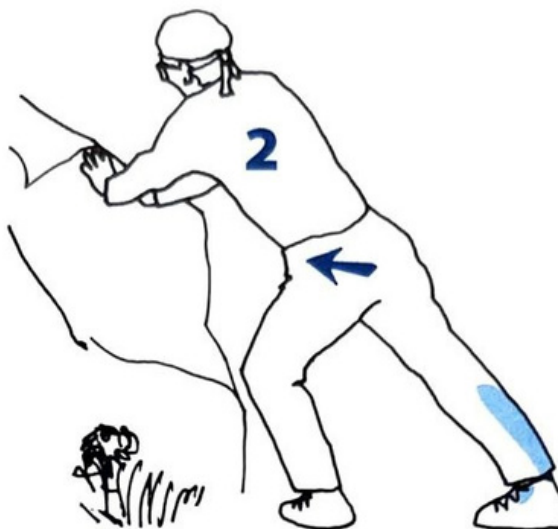


# HIKING

APPROXIMATELY 7 MINUTES



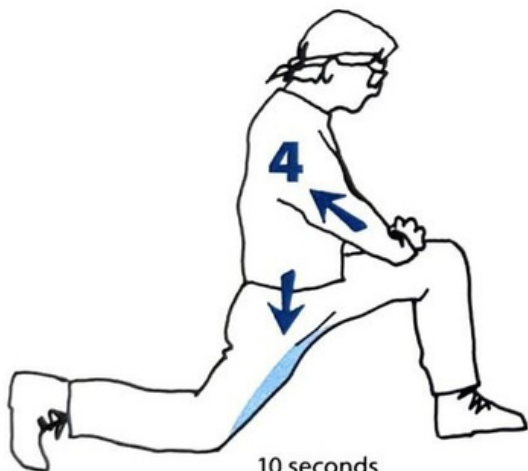
Rotate each foot  
10–15 times  
(page 71)



10–15 seconds  
each leg  
(page 71)



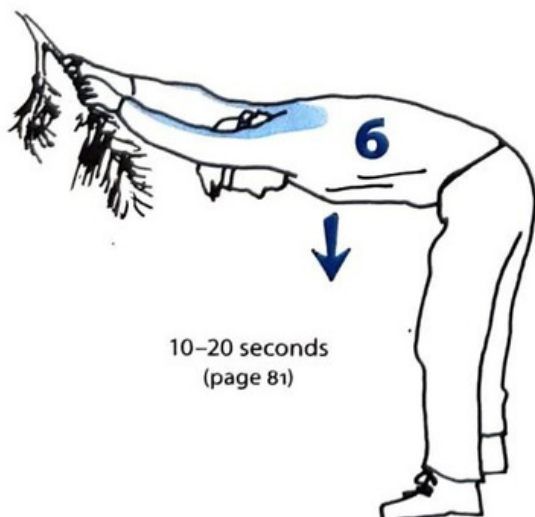
10–15 seconds  
each leg  
(page 75)



10 seconds  
each leg  
(page 53)



15–30 seconds  
(page 66)



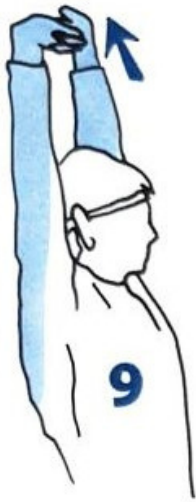
10–20 seconds  
(page 81)



8–10 seconds  
each arm  
(page 44)



3–5 seconds  
several times  
(page 46)



15 seconds  
(page 46)



10–15 seconds  
(page 47)



8–10 seconds  
each side  
(page 47)



10 seconds  
2 times  
(page 46)



10 seconds  
each side  
(page 81)



5–10 seconds  
each leg  
(page 73)



15–30 seconds  
(page 55)



10–15 seconds  
(page 54)

**Short on time?**  
**Do this mini-routine:**  
2, 4, 6, 8, 12, 13, 15  
Approx. 3 minutes