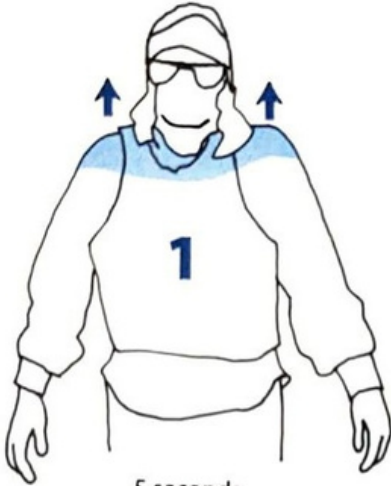


**APPROXIMATELY 7 MINUTES**

Walk for several minutes before stretching.



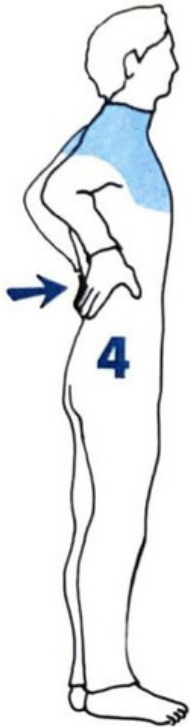
5 seconds  
3 times  
(page 46)



10 seconds  
each side  
(page 44)



10 seconds  
each side  
(page 81)



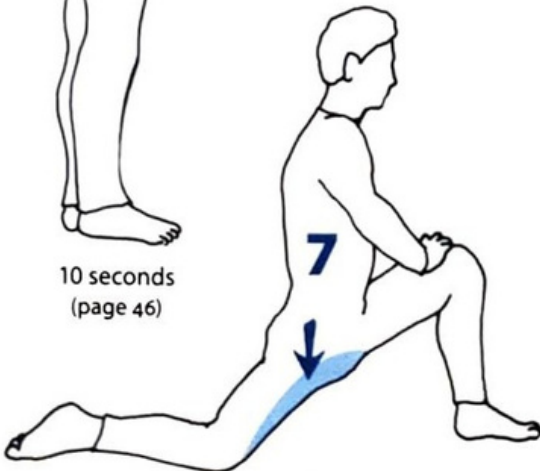
10 seconds  
(page 46)



15 seconds  
(page 46)



30 seconds  
(page 55)



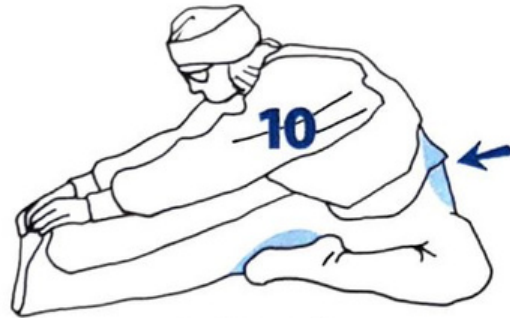
15 seconds  
each leg  
(page 53)



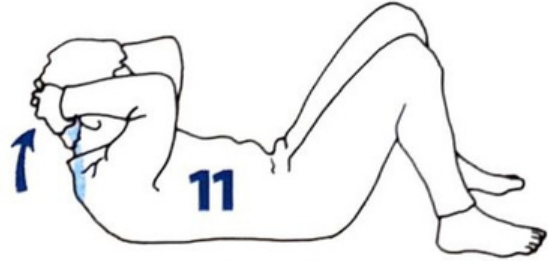
15–20 seconds  
(page 58)



8-10 seconds  
each side  
(page 60)



10-15 seconds  
each leg  
(page 40)



3-5 seconds  
2 times  
(page 27)



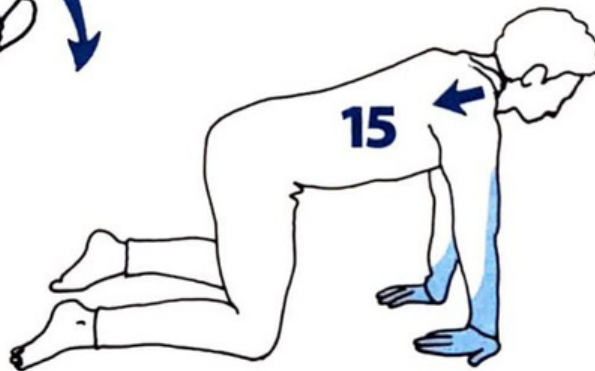
15 seconds  
each leg  
(page 31)



10 seconds  
each arm  
(page 42)



15-20 seconds  
each side  
(page 27)



10-20 seconds  
(page 42)



15 seconds  
(page 58)

**Short on time?**  
**Do this mini-routine:**  
1, 3, 4, 5, 6, 7, 8, 9, 15, 16  
Approx. 4 minutes