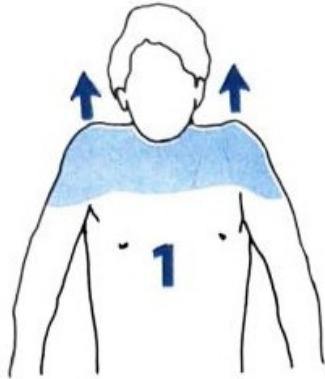
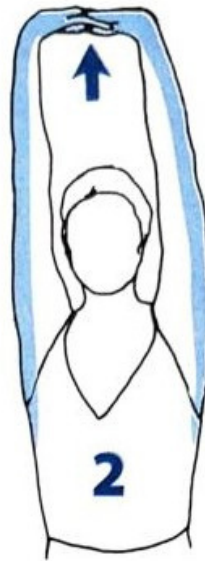


APPROXIMATELY 5 MINUTES

Walk with a big arm swing for 2-3 minutes before stretching.



5 seconds
3 times
(page 46)



10-15 seconds
(page 46)



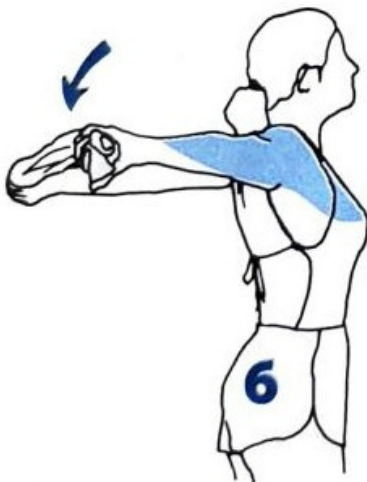
10 seconds
each side
(page 44)



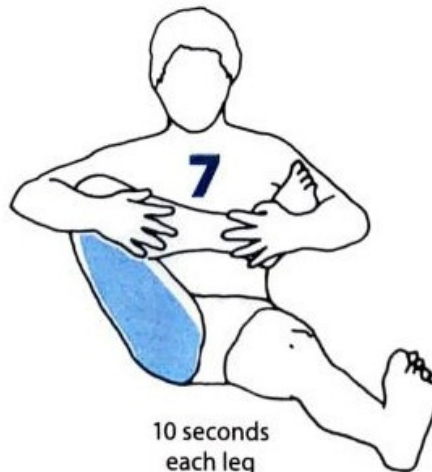
15 seconds
each arm
(page 43)



15 seconds
(page 47)



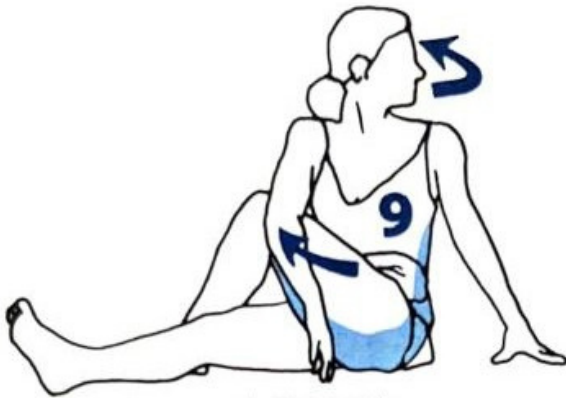
10 seconds
(page 87)



10 seconds
each leg
(page 35)



15 seconds
(page 58)



8–10 seconds
each side
(page 60)



3–5 seconds
2 times
(page 27)



10 seconds
each side
(page 32)



15 seconds
(page 49)



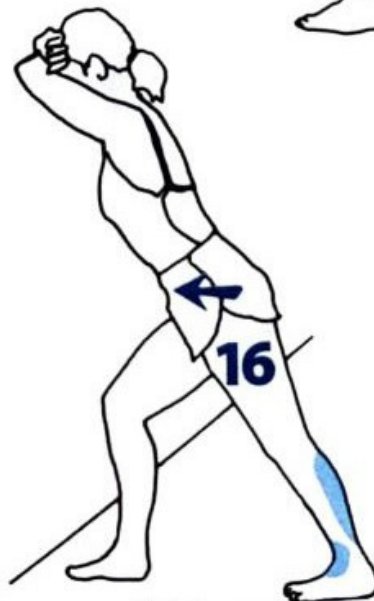
5 seconds
2 times
(page 30)



15 seconds
each leg
(page 51)



15 seconds
(page 65)



10–15 seconds
each leg
(page 71)

Short on time?
Do this mini-routine:
2, 4, 5, 13, 14, 15
Approx. 2 minutes