

APPROXIMATELY 5 MINUTES

Walk or jog for several minutes before stretching.



10 seconds each arm (page 43)



5 seconds 2 times (page 46)



8-10 seconds each side (page 44)



8-10 seconds (page 46)



10 seconds each side (page 80)



10 seconds each leg (page 71)



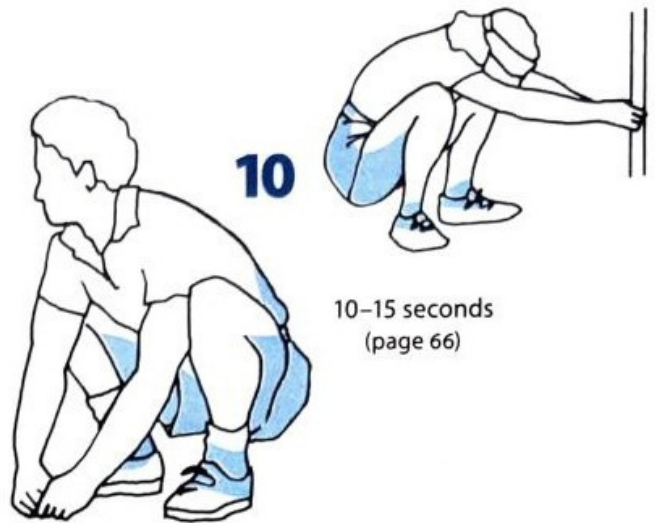
10 seconds each leg (page 75)



15-20 seconds (page 55)



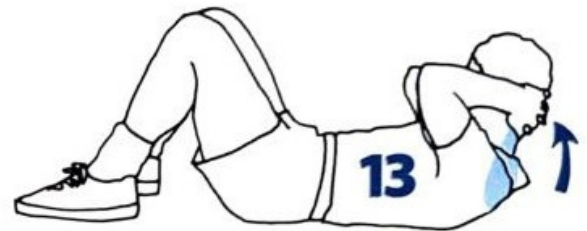
10 seconds
each leg
(page 51)



10-15 seconds
(page 66)



10 seconds
(page 42)



3-5 seconds
2 times
(page 27)



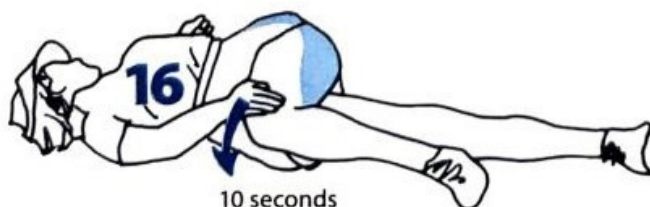
15 seconds
(page 58)



10 seconds
each leg
(page 31)



5-10 seconds
each leg
(page 58)



10 seconds
each leg
(page 32)

Short on time?
Do this mini-routine:
1, 2, 3, 4, 5, 6, 8, 9, 10
Approx. 3 minutes