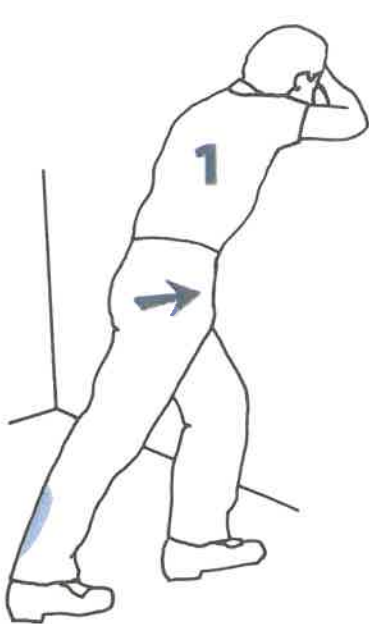


**APPROXIMATELY 6 MINUTES**

Walk for several minutes before stretching.



10 seconds  
each leg  
(page 71)



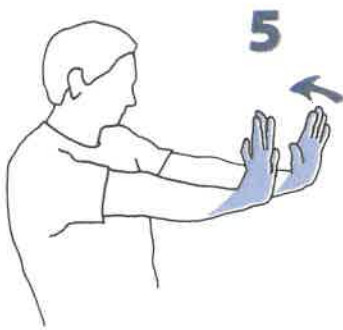
10-15 seconds  
(page 46)



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)

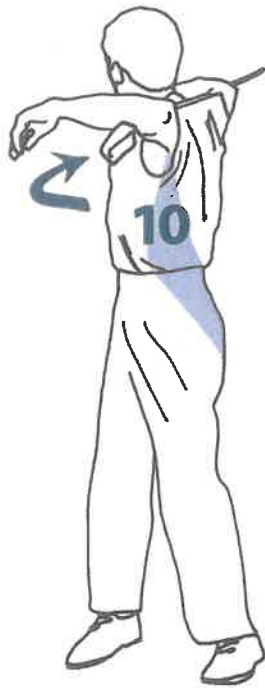


Rotate 10-15 times  
each direction  
(page 88)

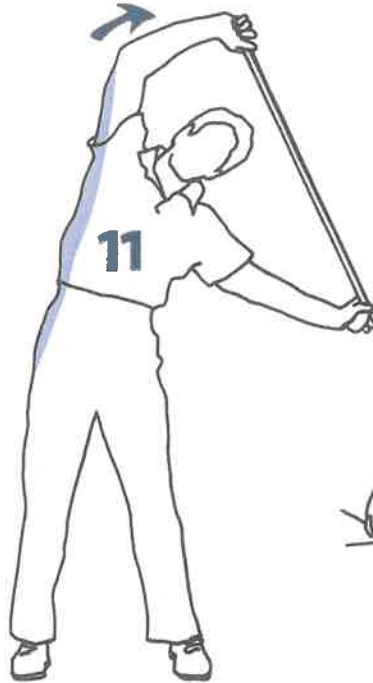




10 seconds  
each arm  
(page 43)



8-10 seconds  
each side  
(page 81)



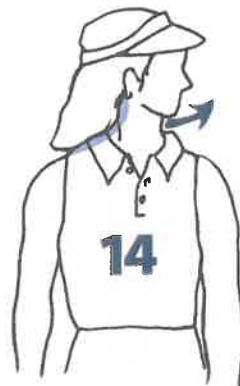
8-10 seconds  
each side  
(page 79)



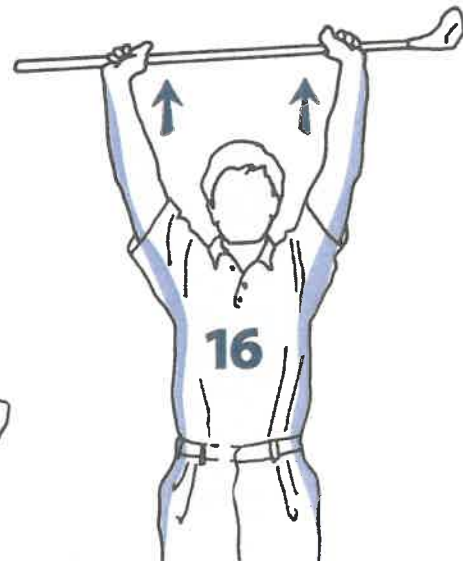
Rotate each foot  
10-15 times  
(page 71)



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