

APPROXIMATELY 6 MINUTES



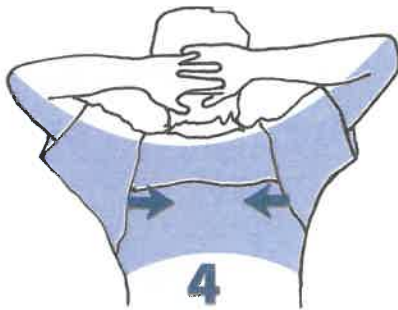
Rotate 10 times  
each direction  
(page 88)



15 seconds  
(page 46)



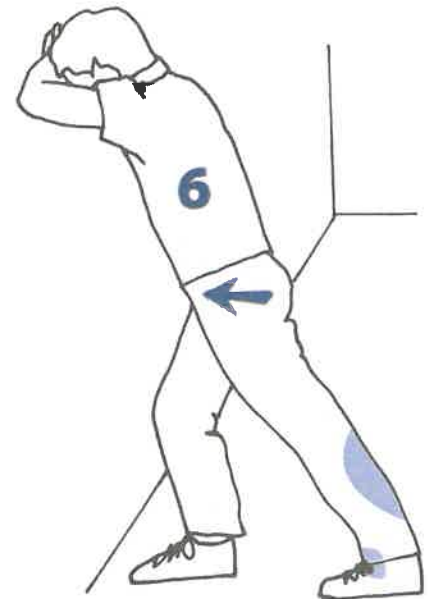
15 seconds  
each arm  
(page 43)



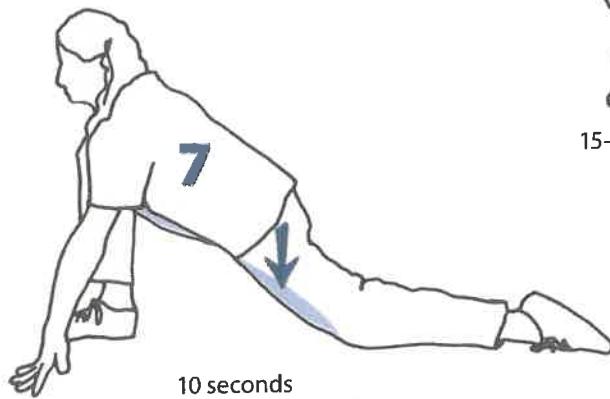
5 seconds  
2 times  
(page 91)



15-20 seconds  
(page 55)



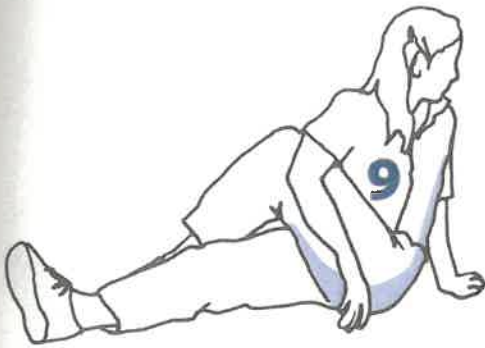
10-15 seconds  
each leg  
(page 71)



10 seconds  
each leg  
(page 51)



10 seconds  
(page 58)



8–10 seconds  
each side  
(page 60)



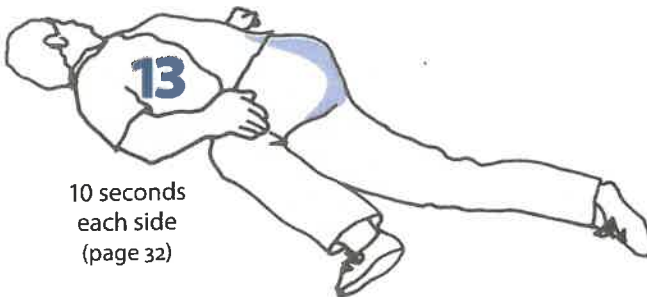
10–15 seconds  
each leg  
(page 39)



3 seconds  
2 times  
(page 27)



15–20 seconds  
each leg  
(page 31)



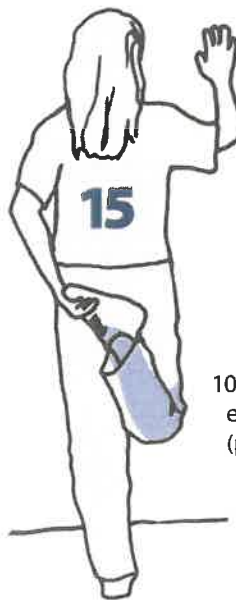
10 seconds  
each side  
(page 32)



5 seconds  
3 times  
(page 46)



10 seconds  
(page 58)



10 seconds  
each leg  
(page 75)

**Short on time?**  
**Do this mini-routine:**  
1, 2, 4, 5, 6, 7, 15  
Approx. 2½ minutes