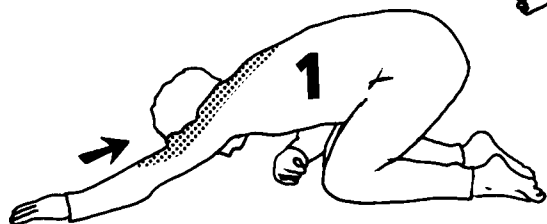


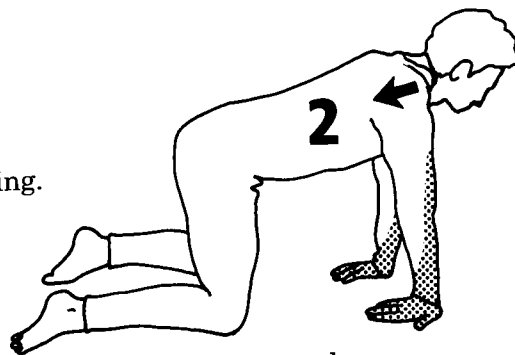
Before and After Windsurfing

Approximately 6 Minutes

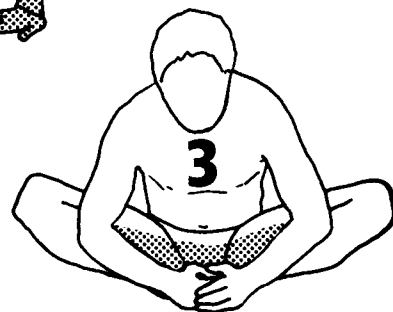
Walk for several minutes before stretching.



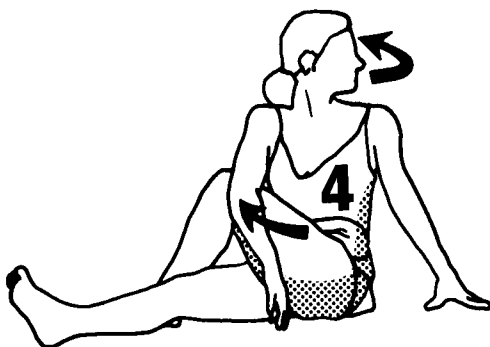
1
10 seconds
each arm
(page 42)



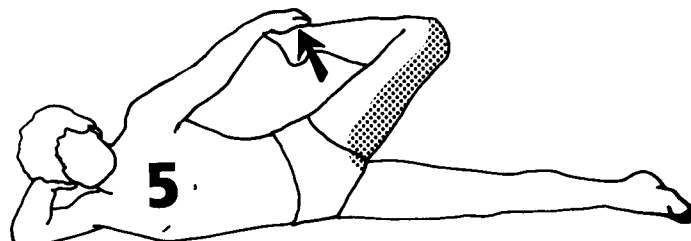
2
15-20 seconds
(page 42)



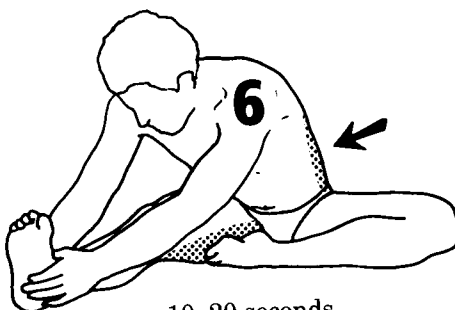
3
20-30 seconds
(page 58)



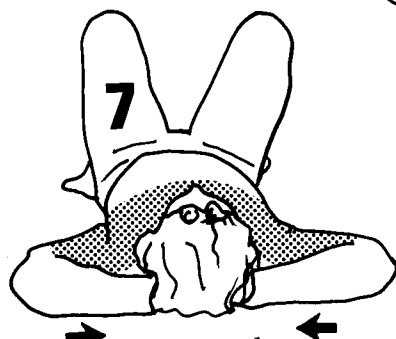
4
8-10 seconds
each side
(page 60)



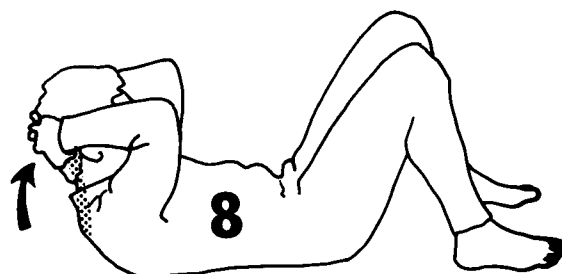
5
10 seconds
each leg
(page 36)



6
10-20 seconds
each leg
(page 39)



7
3-5 seconds
2 times
(page 28)



8
3-5 seconds
2 times
(page 27)