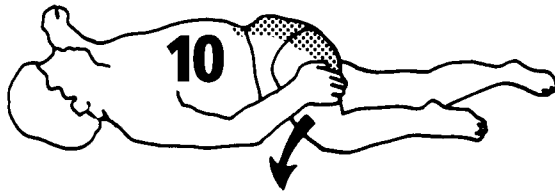


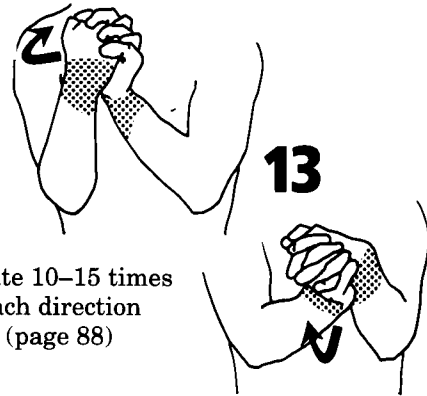
15 seconds
each leg
(page 31)



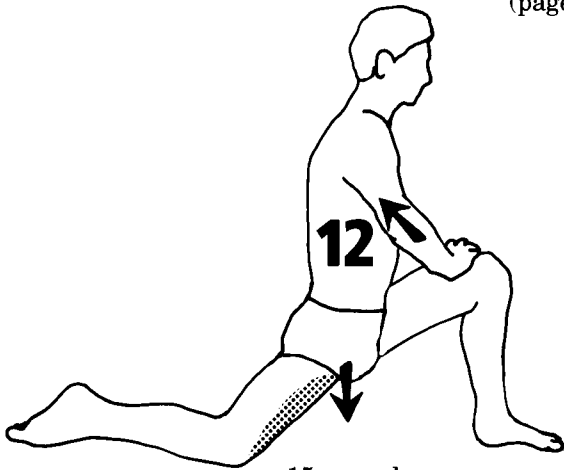
15-30 seconds
(page 65)



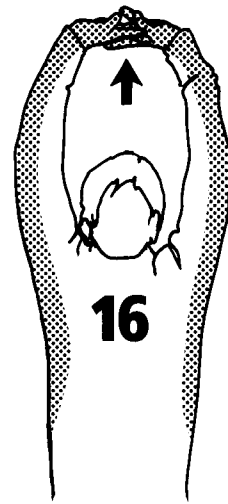
10 seconds
each side
(page 32)



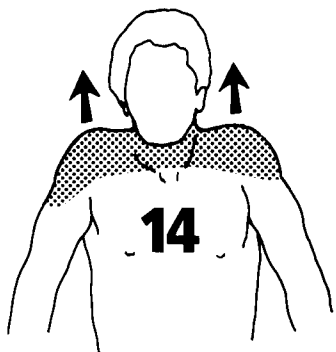
Rotate 10-15 times
each direction
(page 88)



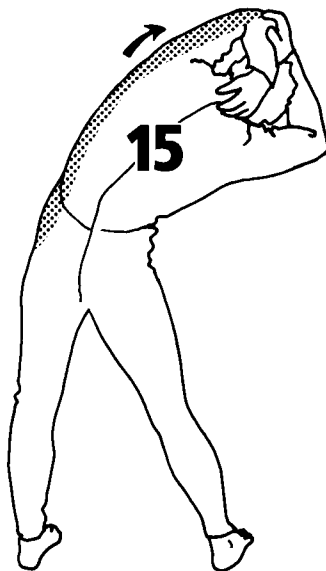
15 seconds
each leg
(page 53)



20 seconds
(page 46)



5 seconds
2 times
(page 46)



8-10 seconds
each side
(page 44)

Short on time?
Do this mini-routine:
1, 3, 4, 6, 11, 12, 14, 15
Approx. 3 minutes