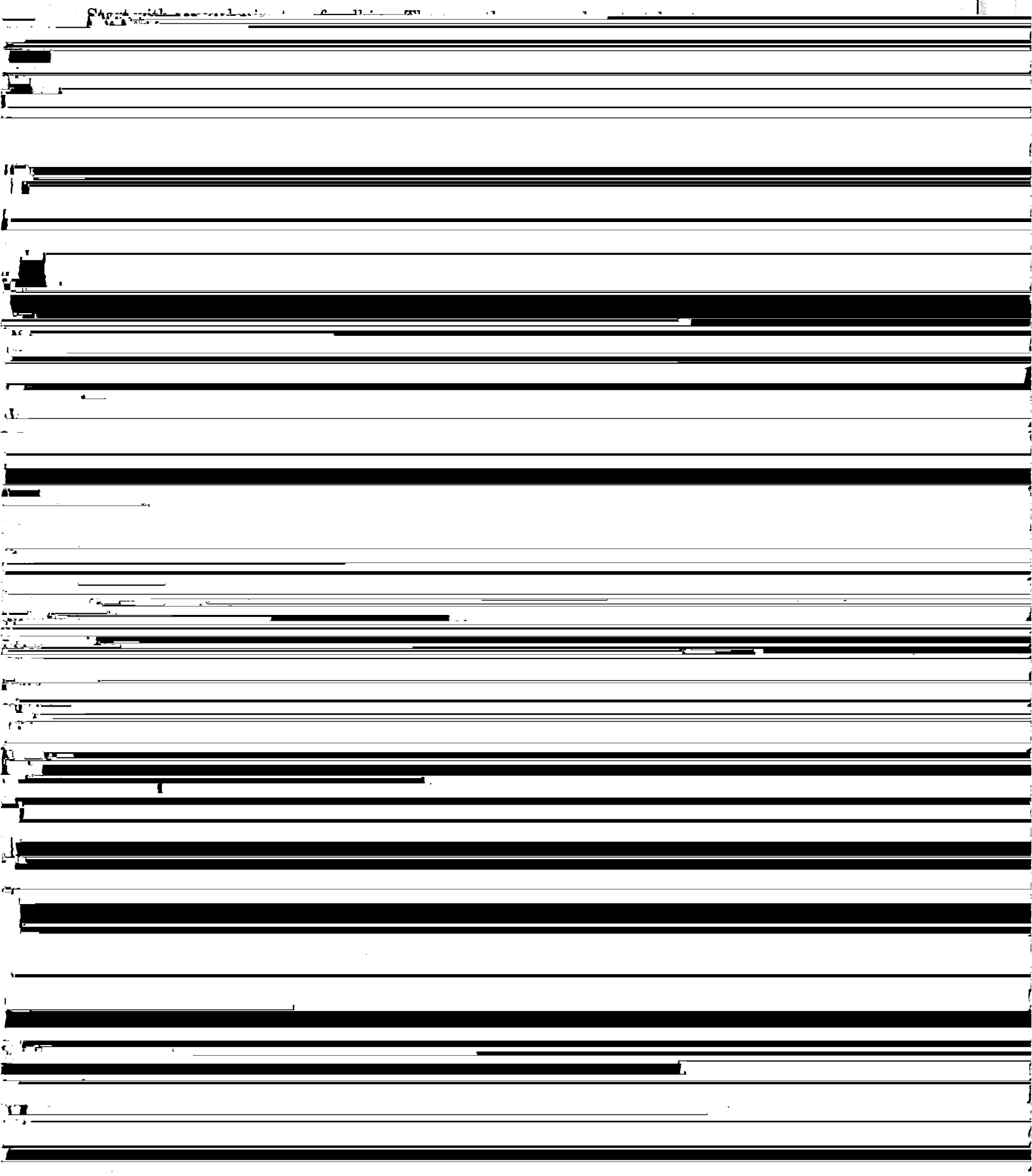
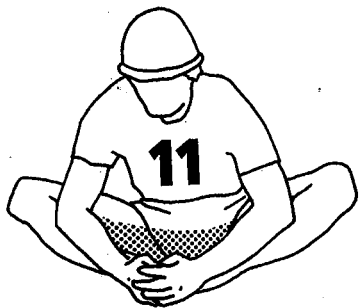


Everyday Stretches

Approximately 8 Minutes





20-30 seconds
(page 58)



8-10 seconds
each side
(page 60)



10 seconds
Repeat stretch #11.
(page 58)

