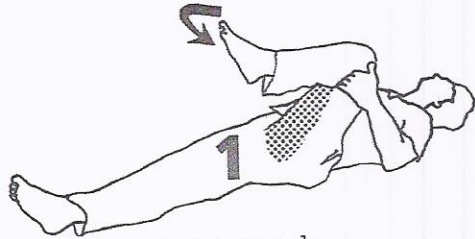


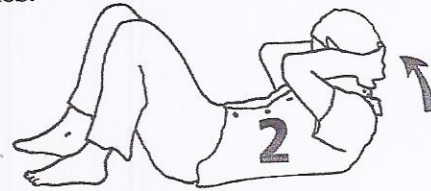
In the Morning

Approximately 4 Minutes

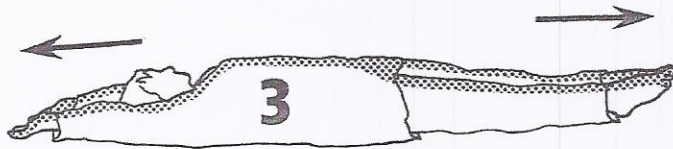
Start the day with some relaxed stretches so your body can function more naturally. Tight and stiff muscles will feel good from comfortable stretching. The first four stretches can be done in bed before you get up. After arising and you've moved around a bit, do the next four stretches.



15-20 seconds
each leg



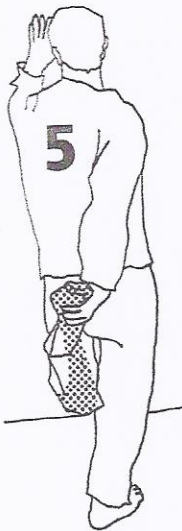
3-5 seconds
3 times



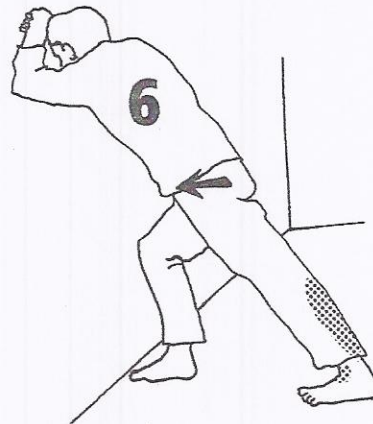
5 seconds
2 times



10-15 seconds



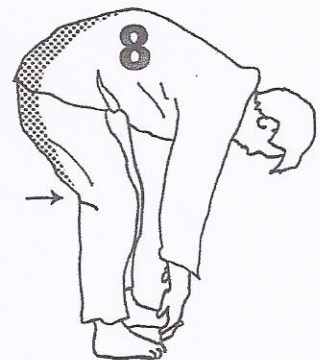
10-15 seconds
each leg



20 seconds
each leg



15-30 seconds



10 seconds