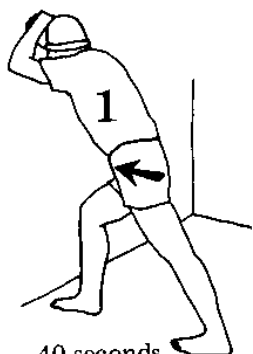
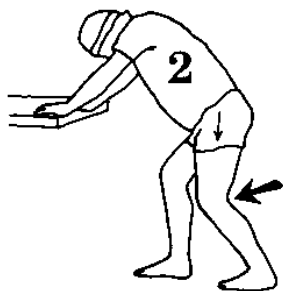


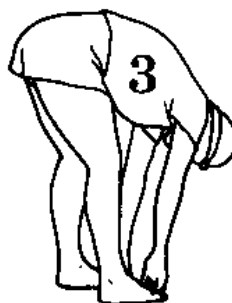
Stretching - by Bob Anderson



40 seconds
each leg
(page 71)



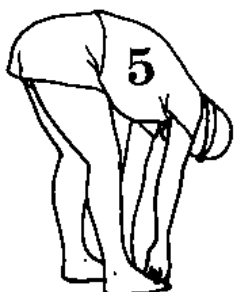
15 seconds
each leg
(page 71)



30 seconds
(page 52)



20 seconds
(page 65)



30 seconds
(page 52)



15 times
each direction
(page 31)



30 seconds
each leg
(page 33)



30 seconds
each leg
(page 36)



3 times
5 seconds



40 seconds
(page 56)



60 seconds
(page 24)



25 seconds
each side
(page 24)