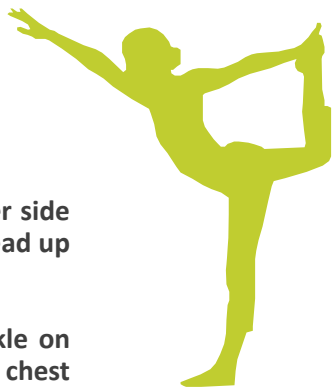


PRACTICE ONE STRETCH EVERY 90 MINUTES



CHEST

STAND IN A DOORWAY with hands on either side at shoulder height. Lean forward keeping head up and knees bent.

HIPS

CROSS ONE LEG over the other placing ankle on knee. Sit up straight. Lean forward to bring chest toward skin.

LEGS

EXTEND LEG OUT STRAIGHT heel on floor slight propped. Lean forward from hips and hold. Slowly bring toes toward knee and hold.

HUG EACH KNEE to chest, sitting up straight.

