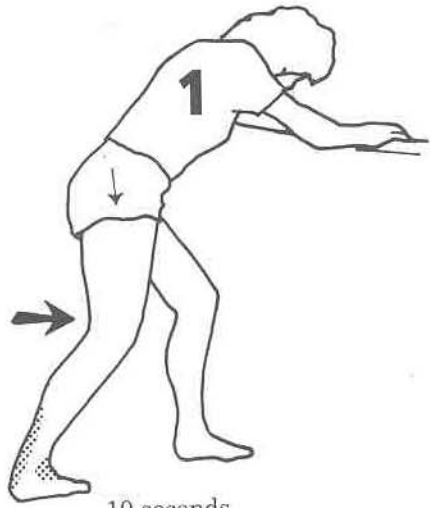


After Running

Approximately 3 Minutes



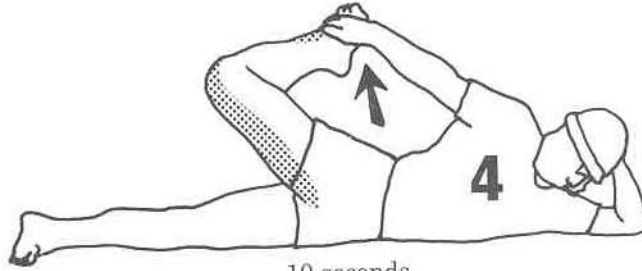
10 seconds
each leg
(page 71)



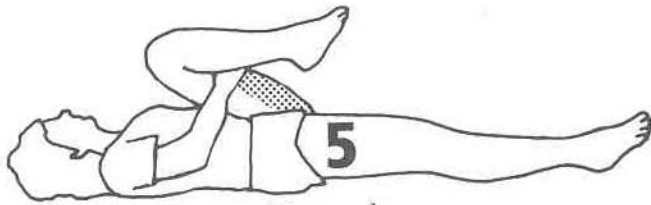
10-15 seconds
(page 58)



15 seconds
each leg
(page 61)



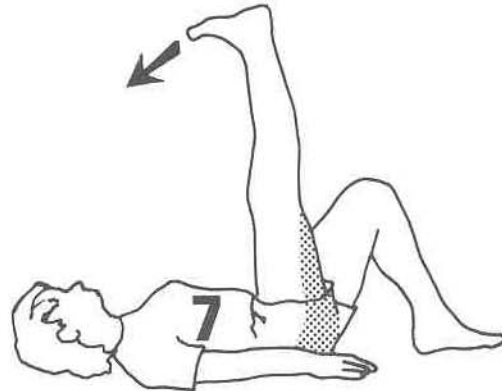
10 seconds
each leg
(page 36)



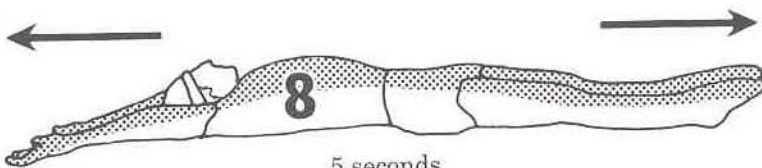
15 seconds
each leg
(page 31)



3-5 seconds
2 times
(page 27)



10-15 seconds
each leg
(page 58)



5 seconds
2 times
(page 30)

Short on time?
Do this mini-routine:
1, 5, 6, 8
Approx. 1½ minutes