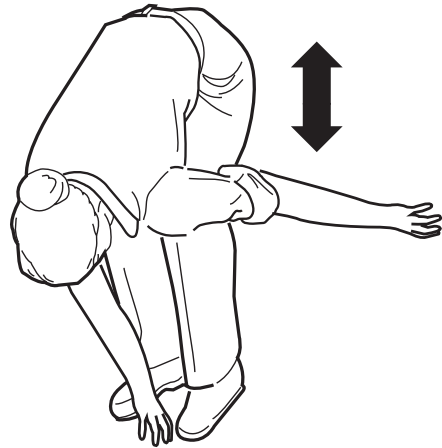
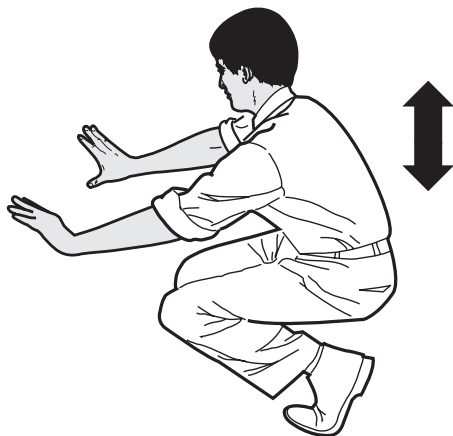


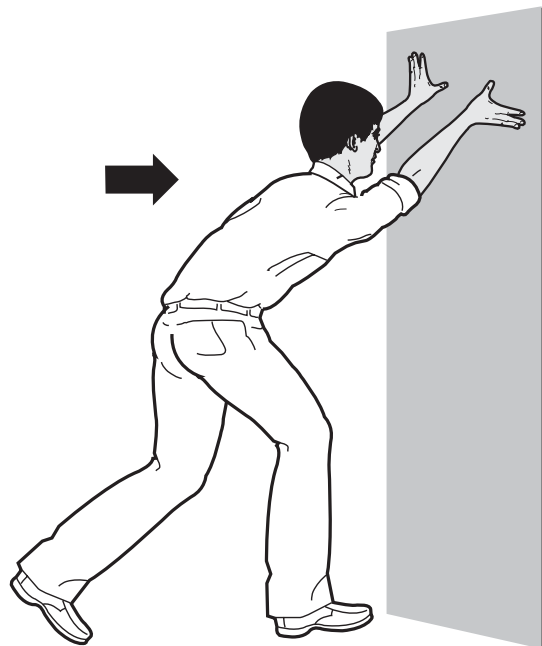
Twists



Toe touches
(touch opposite toes)



Deep knee bends



Runner stretches
(press against solid surface)

Figure 6-1

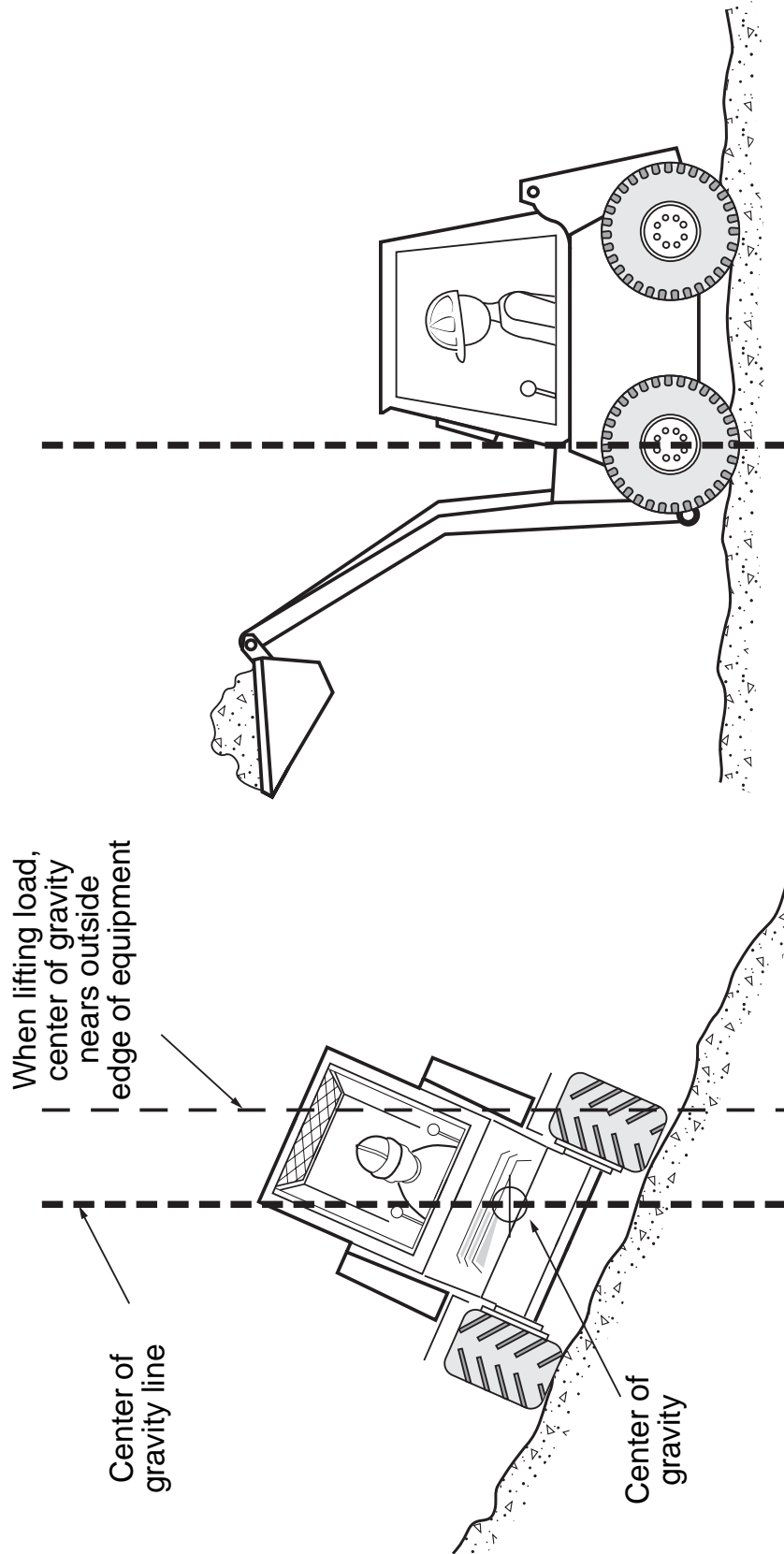


Figure 6-3