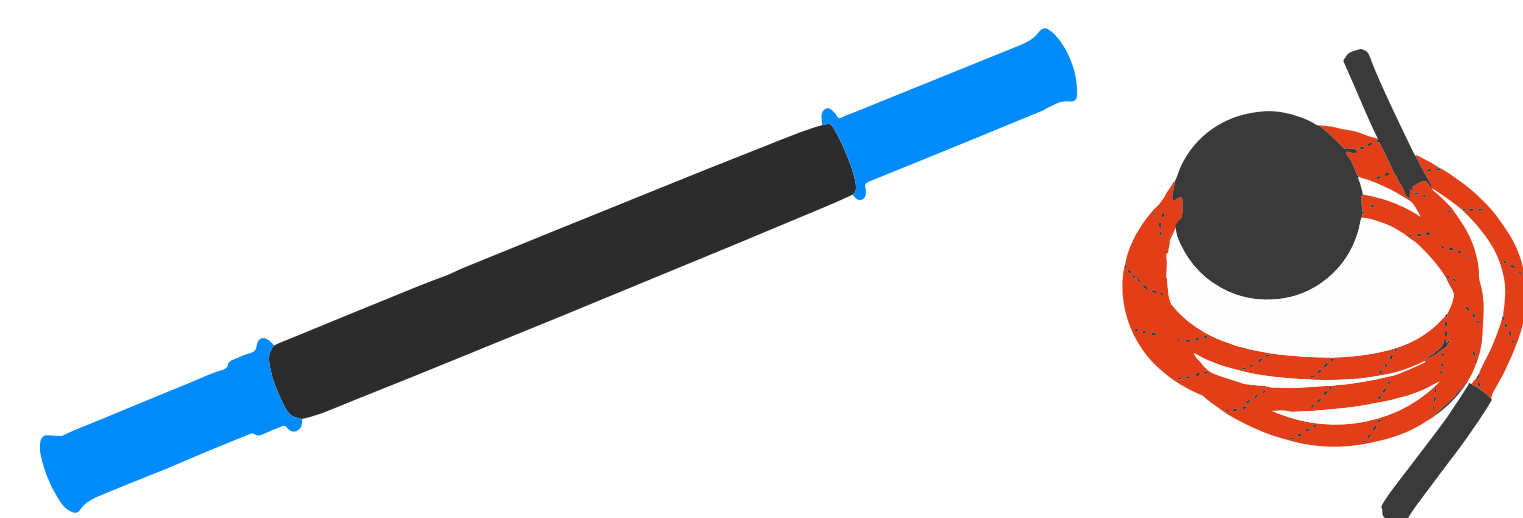




Get more from the moves! Roll out tight muscles before you start.

Sprinkler

x2 each side



1. Start in a staggered stance, with one foot in front of the other.
2. Place the hand opposite your forward leg on that same leg's hip, with the other hand behind the head.
3. Lead with your elbow while rotating the upper body back as far as you can, hold that position
4. Inhale in through your nose, and exhale through your mouth. Repeat and then switch sides.

King Tut

x3 each side



1. Begin with your feet shoulder width apart, both arms extended parallel to the floor.
2. Rotate one hand upward, and the other hand downward.
3. Inhale, look to your upward hand, reach and continue to rotate your hands as far as you feel comfortable.
4. As you exhale, return to the start and repeat on the other side.

Toy Soldiers

x3 each side



1. Begin with your feet together and hands on hips.
2. Stand firmly on one leg and slowly raise the opposite leg as high as it will go, keeping your toe pulled in toward your shin.
3. Return to the floor and repeat on the other leg.

No Money

x5



1. Bring your elbows to your side, hands in front of you, palms facing up, shoulders relaxed.
2. Inhale, bring hands out to the side and slightly squeeze your shoulder blades together, while keeping them away from your ears.
3. Exhale as you bring your hands back to center. Repeat, inhaling as you open up.

