



1
5 times
each direction



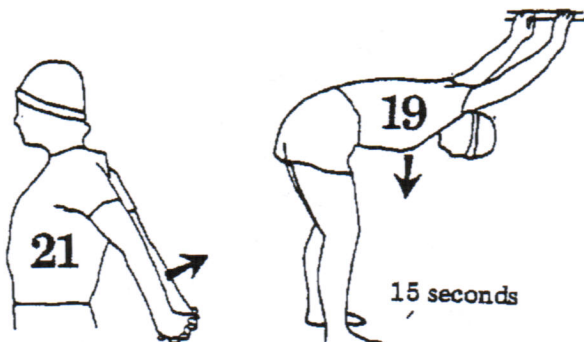
20
10 seconds
each arm



2
10 seconds
each side



3
20 seconds



19
15 seconds



8
20 seconds



21
10 seconds



7
30 seconds



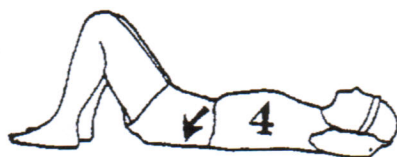
9
20 seconds
each leg



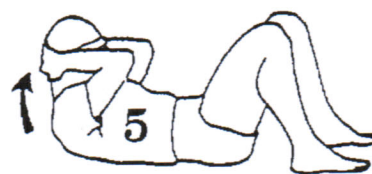
1
20 seconds
each leg



7
20 seconds
each side



4
flatten lower back
2 times
10 seconds each



5
3 times
5 seconds each



30 seconds



20 seconds
each side



10 times
each direction



30 seconds



30 seconds



10 seconds
each side



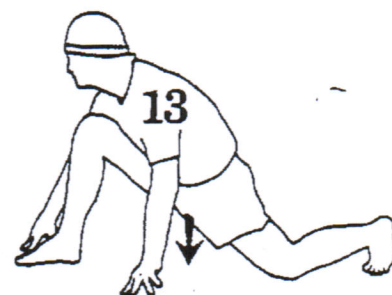
20 seconds
each leg



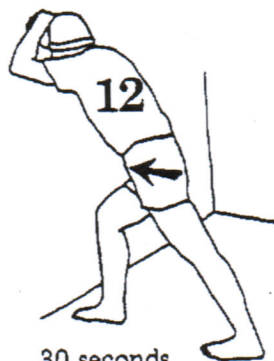
30 seconds
each foot



20 seconds



20 seconds
each leg



30 seconds
each leg



15 seconds
each leg