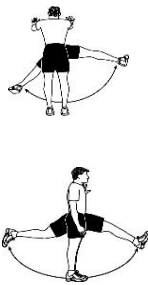






WARM UP		LEG SWINGS		SUPPORTED SQUATS	
<p><b>WARM UP FOR 5 MINUTES + ANY EXERCISE</b></p>		<p>HOLD ON TO AN OBJECT OR WALL - SWING LEGS FORWARD AND BACK OR SIDE TO SIDE ACROSS FRONT OF OTHER LEG</p>		<p>HOLD ON- FEET FACING FORWARD PUSH HIPS BACK AND KNEES FORWARD AND LOWER HIPS</p>	
		SET	REPS	SET	REPS
		1	10 EACH LEG EACH WAY	1	12
		2	10 EACH LEG EACH WAY	2	12
		3	10 EACH LEG EACH WAY	3	12
		4		4	
		5		5	
6		6			

RAGGEDY ANNE'S		CLAM SHELLS		CROSS BODY STRETCH	
<p>LEGS STRAIGHT TIP AT THE HIPS IN A SMOOTH MOTION UP AND DOWN</p>		<p>LIFT AND LOWER LEG SMOOTHLY IN A CIRCULAR MOTION</p>		<p>KEEPING THE SHOULDERS ON FLOOR, WITH OR WITHOUT A BAND ALLOW THE LEG TO CROSS THE BODY - OUTER HIP MAY LIFT</p>	
SET	REPS	SET	REPS	SET	REPS
1	15	1	10 EACH LEG	1	COUNT OF 15 EACH WAY
2	15	2	10 EACH LEG	2	COUNT OF 15 EACH WAY
3	15	3	10 EACH LEG	3	COUNT OF 15 EACH WAY
4		4		4	
5		5		5	
6		6		6	

