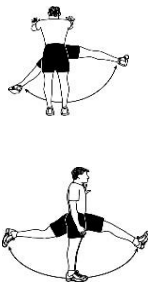






WARM UP		LEG SWINGS		DEEP SQUATS					
<p>WARM UP FOR 5 MINUTES - WALKING OR GENERAL MOVEMENTS</p>		HOLD ON TO AN OBJECT OR WALL - SWING LEGS FORWARD AND BACK OR SIDE TO SIDE ACROSS FRONT OF OTHER LEG				FEET FACING FORWARD - PUSH HIPS BACK AND KNEES FORWARD AND LOWER HIPS TO A DEEP SQUAT			
		SET	REPS	SET	REPS				
		1	10 Each way / Each leg	1	Hold for count of 15				
		2	10 Each way / Each leg	2	Hold for count of 15				
		3		3					
		4		4					
		5		5					
6		6							

RAGGEDY ANNE'S		LUNGE - ROTATION		CROSS BODY STRETCH	
LEGS STRAIGHT TIP AT THE HIPS IN A SMOOTH SMALL "BOUNCING" MOTION UP AND DOWN		CHEST UP WIDE STRIDE BEND BACK LEG KNEE - STAY IN LUNGE POSITION - ROTATE AT RIBS TO LEAD LEG		KEEPING THE SHOULDERS ON FLOOR, WITH OR WITHOUT A BAND ALLOW THE LEG TO CROSS THE BODY - OUTER HIP MAY LIFT	
					
SET	REPS	SET	REPS	SET	REPS
1	15 small bounces	1	5 Rotations each side	1	Hold for count of 15
2	15 small bounces	2	5 Rotations each side	2	Hold for count of 15
3		3		3	
4		4		4	
5		5		5	
6		6		6	