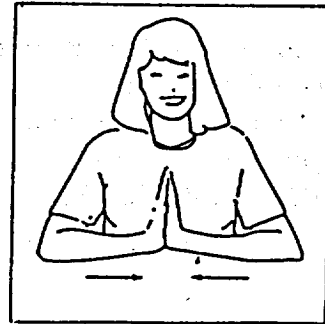


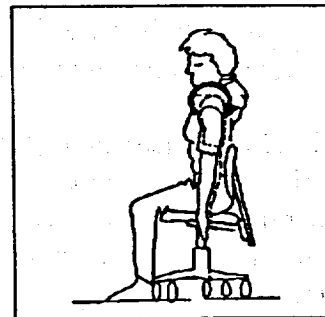
Wrist Stretch

Put your palms together, so that your elbows are bent and your wrists are at right angles. Keeping your palms together, push your right palm and fingers firmly against the left and bend the left wrist back. Repeat to the other side.



Shoulder Roll

Roll the shoulders - raise them, pull them back, then drop them and relax. Repeat in the opposite direction.



Back Curl

Grasp shin, lift leg off the floor. Bend forward (curling the back), reaching nose toward the knee.

