

## BODY, SOUL AND SPIRIT FLEXIBILITY PROGRAM

Practice the exercises in each routine consecutively: i.e., 1-A, 1-B, 1-C, etc.

All of the exercises we have learned may now be practiced with a period of each three days by using the three routines of the following pages. One routine is to be used for each day's practice session and the three routines are to be continually rotated. For example, Monday, Routine 1, Tuesday, Routine 2, Wednesday, Routine 3, Thursday, Routine 1, etc. Keep a record of your practice so that you always know the correct routine for any given day. Each routine should require 20-30 minutes.

The more advanced positions shown in the routines will be accomplished with patient practice. There is no rush. If an exercise calls for a position that is still too difficult, revert to an easier position. For example, if in the Back Stretch you cannot as yet hold your feet, revert to the ankle position and perform that position twice. The same procedure applies to all exercises in which any position is too difficult. If an entire exercise is difficult, perform it cautiously, as best you can, but do not neglect it.

If you are working on a particular problem, you can practice the group of exercises for this problem. This should be done apart (at a different time of the day) from the regular routine of that day. Refer to the Benefits of the Exercises list.

These routines may be used as a lifetime plan for practice.

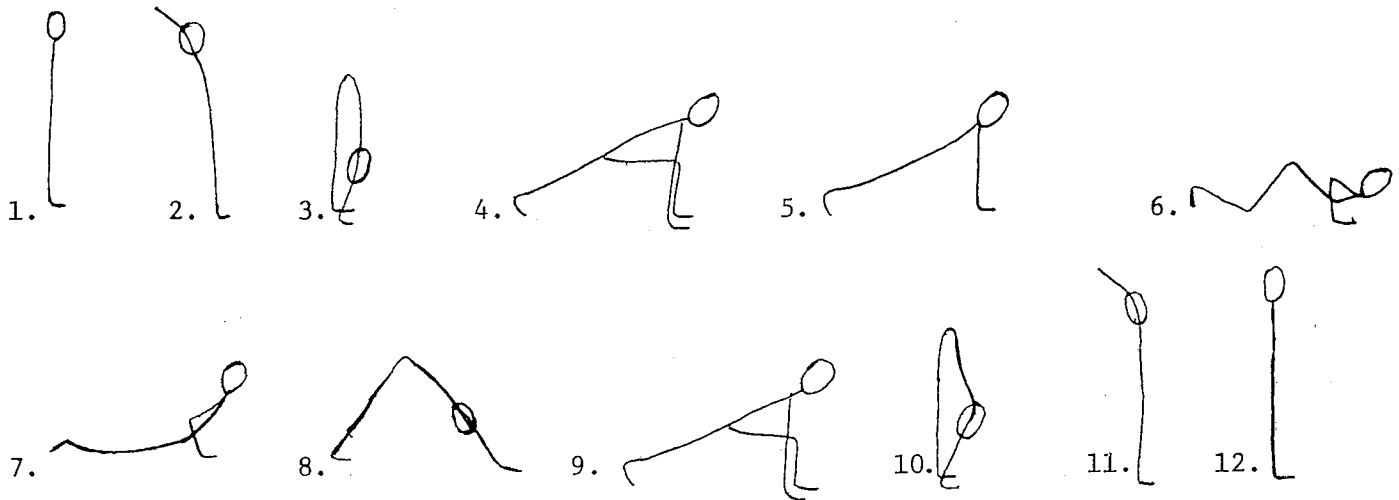
At the end of each routine, return to the beginning of the routine and perform each exercise once in the continuous slow motion movement. During this part of the routine, eliminate the complete breath and head stand from Routine 2 and the abdominal lifts, scalp, lion and neck roll from Routine 3.

This flexibility exercise program can do all of the following:

1. Provide more energy.
2. Enhance poise and balance.
3. Be very relaxing, never straining.
4. Teach how to breathe properly
5. Relieve tension throughout the body.
6. Make the brain more alert.
7. Strengthen reproductive organs and glands.
8. Stimulate the kidneys.
9. Massage the stomach, colon, intestines, liver, kidneys, gall bladder, and pancreas (thus relieving constipation).
10. Make relaxation a way of life.
11. Take pressure off the spine, making it much more flexible and supple.
12. Greatly decrease arthritic conditions and prevent arthritis.
13. Decrease desire to smoke and overeat.

Another list showing the benefits of each individual exercise is given on Page 9.

MORNING WARM UP



1. Stand straight, take complete breath, get calm.
2. Inhale, reach forward and raise both arms over head, lean back, tighten buttocks.
3. Bend forward, exhale as you touch the floor next to your feet with your hands. Keep knees straight. Back is concave.
4. Bend knees, slide right foot back. Inhale. Keep left leg vertical as you straighten out right knee.
5. Hold breath, tighten buttocks, slide left foot back. Back straight.
6. Bend knees to floor, exhale. Buttocks up, arch back, bend elbows, slowly lower chest and face to floor.
7. Pull forward, lay flat on floor. Relax feet. Inhale, raise head, chest and ribs.
8. Curl toes. Raise hips, exhale. Place heels to floor - head faces towards floor.
9. Bring right foot forward and place between hands. Inhale, look up, straighten left knee.
10. Balance on fingers. Bring left foot up next to right. Exhale, palms on floor, straighten legs raising buttocks.
11. Inhale. Reach out - raise both hands over head, lean back. Look at your fingers, tighten buttocks.
12. Exhale, return to original standing position.

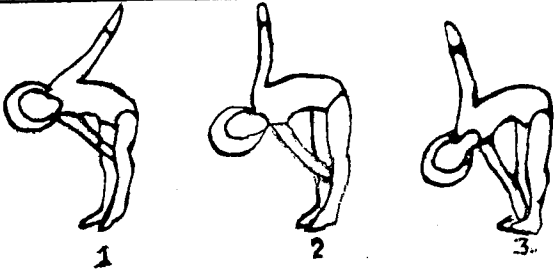
TIPS: This is a warm-up exercise. Do each position slowly and exactly. Be sure to have back straight or concave whenever called for.

## PIN WHEEL



1. Lie down, bend knees, raise spine off floor, place feet directly under knees and hip distance apart. Inhale, place thumbs under waist for support. Elbows in.
2. Bring right knee toward the ceiling, raise onto the toes of your left foot.
3. Exhale as you complete the cycles by swinging the right toes over head to the floor. Left leg follows behind. Continue to lower the left foot to bring the legs together. Now you are in the "Plough" position. Inhale, raise your right knee toward the ceiling. Swing over and lower to the floor. Keep hips high and follow with left leg (Fig. 2). Repeat steps 2 and 3.
4. Return to Figure 1 when complete. Release hands from waist and raise toward ceiling. Slowly roll out of position letting your shoulder blades touch first then waist and lastly your buttocks.

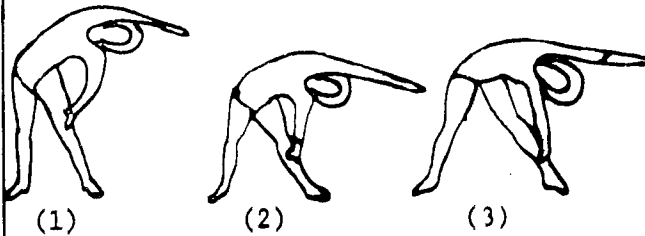
2.



RISHIS POSTURE: With heels together raise arms from sides while coming up on toes, twist 90°. Come down on heels, bend forward. Right hand to back of right knee. (1). Straighten with hands together in front and while standing on toes. Do same for left side. Then do position for hand to back of mid-calf (2) and then (3) hand to back of ankle. Hold hand at leg for 10 counts for each of the six bends.

Remember to : Go very high on toes to strengthen feet, ankles and toes.

1A

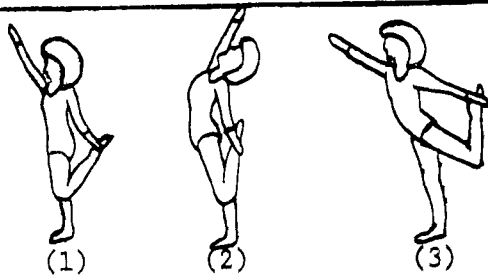


TRIANGLE: Start with legs two feet apart, arms at shoulder level, palms face downward. Bend to the left, holding knee (1). Alternate sides, then bend to the left again holding the calf, and alternate (2). Widen stance, and bend slowly to the left, holding the ankle (3) and alternate.

Count: 10 for each of the six bends.

Remember to : Bring the arm far over the head and hold elbow straight in each of the side bends. Keep knees straight. Let neck muscles relax.

1B



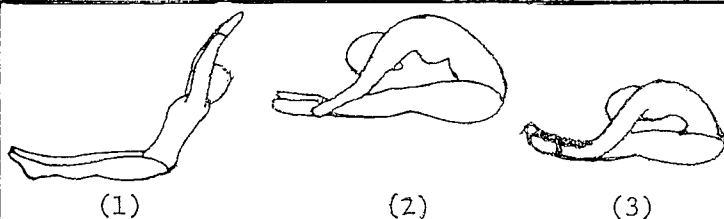
BALANCE POSTURE: Stand with heels together, arms at sides. Raise right arm overhead. Reach back with left hand and hold left foot (1). Bring right arm backward. Pull left foot upwards as illustrated (2). Head drops backward; eyes look upward. Move directly into position (3). Alternate sides.

Repetitions: Three times with right arm raised; on completion of third time move into position (3). Same for left side.

Count; 5 for each stretch; 5 for each position (3).

Remember to : Practice with patience. Begin again whenever you lose balance. Bring raised arm backward and leg upward as far as possible. You should feel an intensive stretch while balancing.

1C

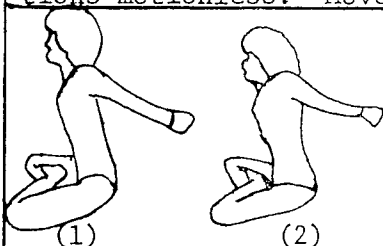


**BACK STRETCH:** Sit with feet straight on the floor, hands on thighs. Gracefully bring arms overhead, and bend back several inches (1). Slowly bend forward, arms outstretched. Hold knees securely, elbows out, neck relaxed, head bends forward, and hold. Repeat motions, bend forward to calves and hold. Repeat motions again and go to ankles (2). Repeat motions and attempt to hold the feet. Next lower elbows to floor as far as possible.

**Repetitions:** Once in each of the knee and calf positions; Twice in each of the ankle and foot positions (lower elbows following foot position).

**Count:** 10 for each of first two positions. 20 for second two positions. 10 for advanced stretch.

**Remember to:** Aim forehead toward knees in all three positions. Hold extreme positions motionless. Move slowly and count correctly. Bend elbows outward. (10)



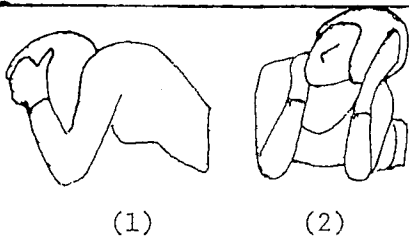
**BUST EXERCISE:** Sit in cross-legged posture. Interlace fingers behind back (1). Very slowly raise arms. Keep spine straight. Continue to raise arms to extreme position (2). Lower arms.

**Repetitions:** Five times.

**Count:** 5 for each raise.

**Remember to:** Keep arms as straight as possible. Keep spine straight: don't slump.

1E



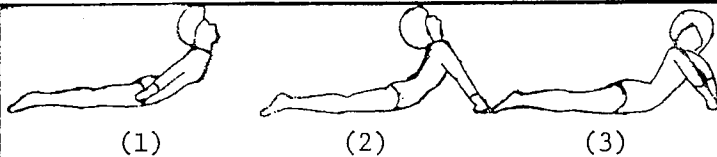
**HEAD TWIST:** Lying on abdomen, place elbows on floor. Arms are parallel. Place head between hands. Close eyes. Slowly push head downward with hands until chin touches chest (1). Raise head. Place chin in right palm and left hand firmly on back of head. Elbows remain on floor. Very slowly twist head to right (2). Turn head forward and repeat to the left side.

**Repetitions:** Once in each of the three positions.

**Count:** 20 in each position.

**Remember to:** Use hands to move head gently but firmly to each of the extreme positions.

1F



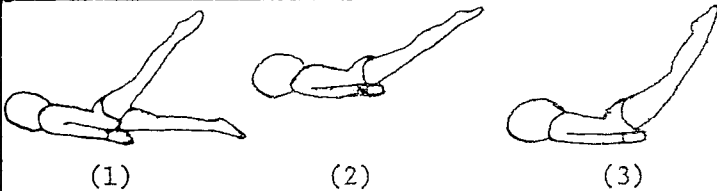
**COBRA:** Lie on stomach, arms at side, palms facing up. Allow all muscles to relax. Gracefully place hands beneath shoulders, fingers together, pointing inward. In very slow motion tilt head backward. Push hands forward and raise trunk. Spine must be curved. Relax legs. Hold motionless for a count of 30. Return to relaxed position. Now raise head and trunk without aid of hands as high as possible (1).

Bring hands in gracefully beneath shoulders, and raise to extreme position (2). Hold for 30 counts. Very slowly twist head and trunk to right. Attempt to see right heel (3). Hold for 10 counts. Repeat twist to the left. Lower trunk and relax completely, arms at sides.

Repetitions: Entire routine, including twisting movements, twice.

Remember to: Place hands as instructed. Keep spine arched throughout exercise. Hold head back. Relax legs.

1G



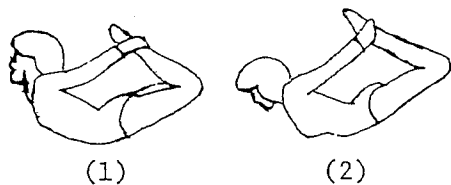
**LOCUST:** Lie on stomach, ball (not point) of chin on floor. Place fists, thumbs down, firmly against floor at sides. Push against floor with fists. Raise left leg very slowly as high as possible (1). Lower slowly and repeat with right leg. Push against floor with fists. Raise both legs a few inches only (2), and hold. Lower legs. Raise both legs again as high as possible (3), and hold. Lower legs and relax completely.

Repetitions: Legs separately, once. Moderate position, once. Extreme position, twice.

Count: 10 for each raise.

Remember to: Rest ball (not point) of chin on floor. Push hard against floor with fists.

1H



**BOW:** Lie on stomach, chin on floor, arms at sides. Bend knees and bring feet forward. Reach back and attempt to hold feet. Chin remains on floor. Hold feet firmly. Slowly raise trunk and knees simultaneously as high as possible and hold (1). Do not strain. Rock forward bringing chin close to floor (2).

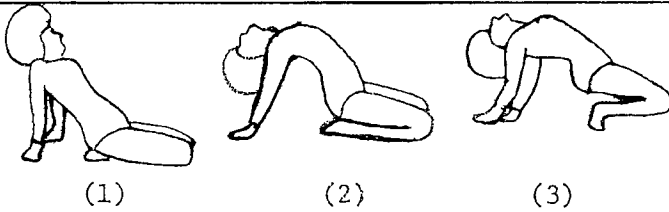
Without pause rock backward bringing knees close to floor. Repeat rocking movements 5 times. Lower knees, then trunk. Release feet. Relax.

Repetitions: Extreme raise followed by 5 rocking movements. Perform routine twice.

Count: 10 for extreme raise; rocking is done in continuous motion.

Remember to: Raise and lower very slowly. Keep knees as close together as possible while raising. Lower knees to floor first, then lower trunk and chin. Retain hold on feet between repetitions. Move cautiously without straining; this is a very powerful movement to strengthen the back.

1I



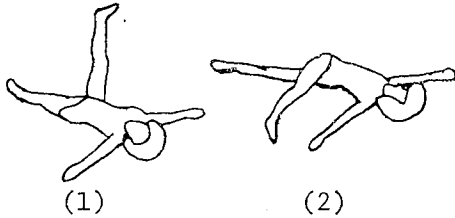
BACKWARD BEND: Place knees together and slowly sit back on heels. Move arms slowly backward until you can rest hands on floor (1). Lower head slowly backward and arch spine inward (2). Move trunk upward. Buttocks remain on heels. Return to starting position. Change position of feet to tucking the toes. Slowly lean backward to touch fingertips to floor (3). Straighten up, and relax.

Repetitions: Twice on feet; 10 on toes.

Count: 20 on feet; 10 on toes.

Remember to: Never strain. If you experience discomfort, lessen pressure and hold for a few seconds only.

1J



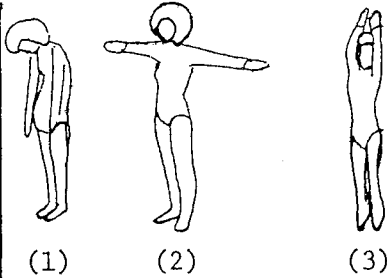
LEG OVER: Lie on back. Allow all muscles to relax. Slowly bend right knee and raise (1). Bring it as far toward your head as possible. Slowly bring leg over and down. Attempt to touch floor. Bring leg as far as possible toward head. Knee must not bend. Hold without motion. Bring leg back into position (1). Lower to floor. Perform identical movements with left leg.

Repetitions: Three times to each side, alternating legs.

Count: 10 for each extreme position.

Remember to: Keep leg as high toward head as possible in the extreme position.

K



(1)

(2)

(3)

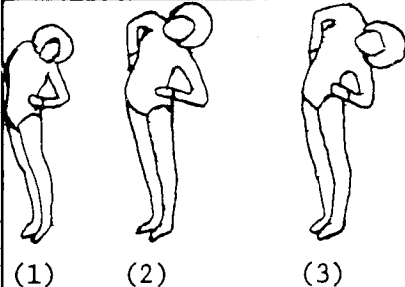
COMPLETE BREATH STANDING: Stand on floor, feet together. Relax muscles so that trunk becomes limp (1). Begin deep inhalation (abdomen expands). Simultaneously raise arms; palms face upward. Chest expands (2). Hands touch overhead (3). Simultaneously raise high on toes. Hold extreme position. Begin deep exhalation. Very slowly lower to limp position (1). Palms face downward. Relax.

Repetitions: Five times.

Count: 5 in each extreme position

Remember to: Breathe slowly and deeply so that all of the raising movements may be performed smoothly during the inhalation and exhalation.

2A



(1)

(2)

(3)

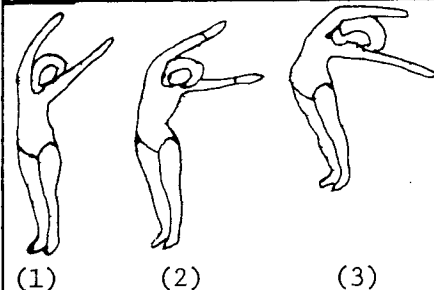
CIRCULAR MOTION: Stand with heels touching. Place hands on hips. Slowly bend forward a short distance only. Roll and twist trunk a moderate distance to the left. Trunk does not bend to left; it rolls and twists with exaggerated movement. Hold for 3. Roll and twist moderately to the back and hold, and then to the right and hold. Repeat movements twice, widening the circle each time. Repeat the three circles, going to the right first.

Repetitions: Three circles counterclockwise, three circles clockwise.

Count: 3 in each of the rolling movements.

Remember to: Keep in mind the image of three circles being made as the trunk rolls and twists.

2B



(1)

(2)

(3)

SIDE BEND: Stand with heels together. Gracefully raise arms overhead, palms turned inward (1). Slowly bend several inches to the left, hold, then to the right. Next, bend to intermediate position to the left (2), hold, then bend to the right and hold. Then bend to the left as far as possible and hold (3), then bend to the right as far as possible and hold. Return arms to upright position, then lower arms to side and relax.

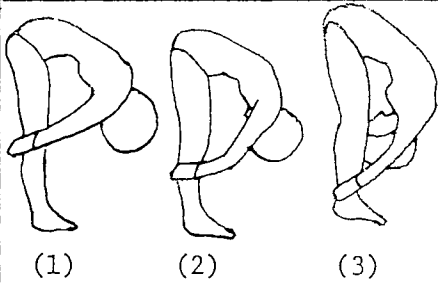
Repetitions: Once in each of the three positions, alternate the sides (left first) for each position.

Count: 10 for each of the six bends.

Remember to: Bend very slowly to each of the three positions. Keep arms parallel in each of the three positions (very important).

2C





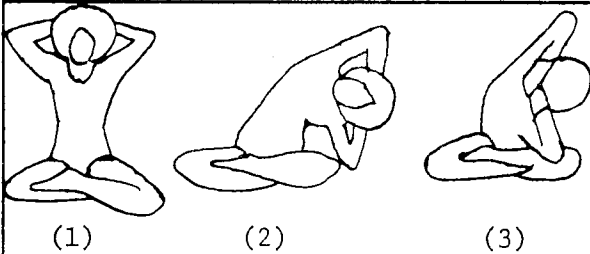
**LEG CLASP:** Stand with heels together. Slowly bend forward. Bring arms back and clasp hands behind knees. Very slowly bring trunk down as far as possible. Aim forehead toward knees. Hold (1). Keep hands clasped but allow trunk to relax by raising it several inches. Slide hands down to calves and repeat movements (2). Slide hands down to ankles and repeat movements (3).

**Repetitions:** Perform entire routine twice. Straighten to upright position and relax briefly between routines.

**Count:** 10 for each of the six stretches.

**Remember to:** Keep legs straight. Do not strain.

2D



**ELBOW TO KNEE:** Sit in a cross-legged posture. Interlace fingers behind head (1). Keep elbows back. Very slowly bend as far as possible to left. Elbow should not touch floor if possible; if not, bend as far as you can without strain. Both knees must remain on floor. Right elbow points upward (2).

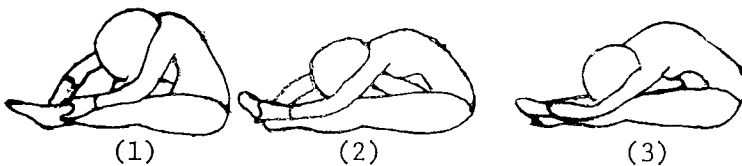
Hold. Slowly straighten to upright position. Twist trunk to left. Lower trunk and bring right elbow down toward left knee. Touch elbow to knee if possible (3). Both knees must remain on floor. Hold. Slowly straighten to upright position. Repeat movements to the right side.

**Repetitions:** Entire routine twice.

**Count:** 5 for each of the bends and twists.

**Remember to:** Keep both knees on floor throughout exercise. Point elbow upward. Twist trunk first, then lower.

2E



**ALTERNATE LEG PULL:** Sit with legs outstretched before you. Place sole of right foot firmly against upper inside of left thigh. Raise arms overhead; lean backward. Reach forward and hold left calf firmly. Slowly pull trunk as far as possible (1). Elbows bend

outward. Aim forehead toward knee. Relax neck. Hold. Release leg and slowly straighten into upright position. Arms are overhead. Lean backward. Reach forward and hold ankle, and hold. Repeat motions and bend forward to hold left foot. Hold (2). Lower elbows, if possible (3). Straighten to upright position. Rest hands on knees. Repeat entire routine on right leg.

**Repetitions:** Calf position once. Ankle and foot positions twice each. Lower elbows following foot position. Execute identical movements on both legs.

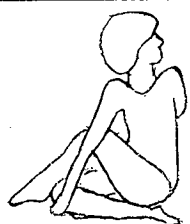
**Count:** 10 for the calf position. 20 for the ankle and foot positions. 10 for the advanced stretch.

2F

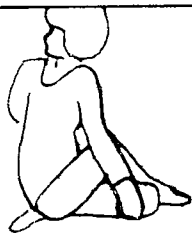
8.



(1)



(2)



(3)

FULL TWIST: Extend legs straight outward. Place right sole against left thigh. Take a firm hold on left ankle. Swing left foot over right knee and rest sole on floor. Place left hand behind you. Now bring right arm over left leg, and take a firm hold on right knee (1). Reach around with left arm behind back and hold right side of waist (2). Slowly twist trunk and head

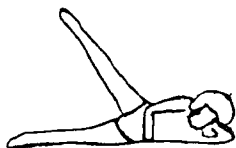
as far to the left as possible. Hand holds knee firmly. Chin is close to shoulder. Spine is straight. Hold. Lower hand to floor, turn trunk and head forward. Repeat routine to the right side.

Repetitions: Twice to left side: Twice to right side.

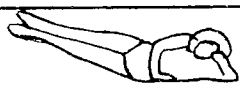
Count: 20 in each extreme twist.

Remember to: Sit erect. Perform exercise carefully and correctly. Turn head so that chin comes close to shoulder.

2G



(1)



(2)



(3)

SIDE RAISE: Lie on left side, legs together. Head is supported by left hand. Right hand firmly on floor. Very slowly raise right leg as far as possible (1). Hold. Lower slowly. Push against floor with hand. Raise both legs a short distance (2). Legs must remain together. Hold. Lower slowly.

Raise both legs again as high as possible (3). Hold. Lower slowly. Repeat entire routine lying on right side.

Repetitions: Raise one leg once, both legs moderate distance once, both legs extreme position twice. Perform identical movements on both sides.

Count: 10 for each raise.

Remember to: Move slowly. Keep legs together on positions (2) and (3). Raise legs directly from side.

2H



(1)



(2)



(3)

COMPLETE BREATH: Sit in a cross-legged posture (1). Slowly exhale through the nose. At the end of the exhalation, purse lips and blow out the remaining air. Begin a very slow, quiet inhalation (through nose). Simultaneously slowly push out the abdominal area. Continue inhaling. Attempt to expand the chest as far as possible (2).

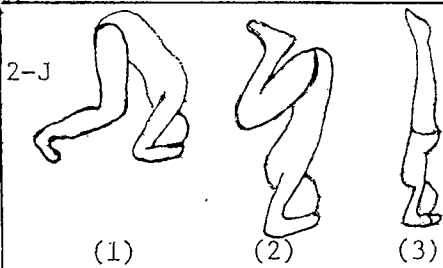
Continue inhaling. Simultaneously raise the shoulders as high as possible (3). Hold breath for a count of 10. Now slowly and quietly exhale deeply, relaxing shoulders and chest as you exhale.

Repetitions: Five times.

Count: Retain breath for 10.

Remember to: Work for the smooth flow of the expansion movements during the long, slow, quiet inhalation.

2I



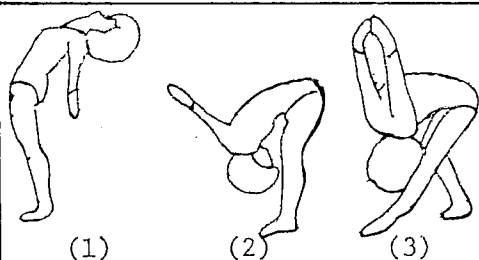
HEAD STAND - Seated on heels, interlace fingers. Place hands on floor in front of you. Place head on floor (use carpeted area, or small pillow for head). Cradle back of head in clasped hands. Rest toes on floor. Push toes on floor and raise body. Very slowly inch forward with toes and bring bent knees as close to chest as possible (1). Place your complete weight on head and arms. Straighten back. Push lightly with toes. Bring body into position (2). In very slow motion and with complete control, attempt to straighten legs (3).

Repetitions: Your extreme position, once.

Count: Begin with 30. Add 15 each time you practice until 3 minutes is reached.

#### BENEFITS OF THE EXERCISES

- Rishi's Posture - To develop your balance and poise.
- Triangle - For trimming and firming your waistline.
- Balance Posture - To develop poise and balance.
- Back Stretch - For strength and flexibility of your back and spine.
- Bust Exercise - To firm and develop your chest and bust.
- Head Twist - To remove all tension from your neck.
- Cobra - For removing all tension from your back and spine.
- Locust - To firm your legs.
- Bow - To firm flabby areas of your back.
- Backward Bend - For flexibility of your feet, ankle, and toes.
- Leg Over - To trim your waistline and firm your legs.
- Complete Breath Standing - For all the benefits of correct deep breathing.
- Circular Motion - To trim your waistline.
- Side Bend - To reduce flabbiness.
- Leg Clasp - To firm your calves and thighs.
- Elbow-to-Knee - For trimming inches from the waistline.
- Alternate Leg Pull - For imparting youthful spring to your legs.
- Full Twist - For complete manipulation of your entire spine.
- Side Raise - A powerful movement for the hips and abdomen.
- Complete Breath - For all the benefits of correct deep breathing.
- Head Stand - For beauty of your complexion and hair and for clarity and alertness of the mind.
- Chest Expansion - To develop and firm your chest and bust.
- Dancer's Posture - For poise and balance.
- Abdominal Lifts - To maintain resilience of your abdominal muscles and massaging internal organs.
- Scalp - For the healthy appearance of your hair.
- Lion - To Firm the muscles of your face and neck.
- Neck Roll - For removing tension from the neck.
- Posture Clasp - To improve posture for loosening shoulders.
- Knee and Thigh Stretch - To firm your thighs.
- Shoulder Stand - For weight control through thyroid stimulation.
- Plough - To strengthen and manipulate your spine.
- Back Push-Up - To firm lower back, buttocks, and backs of thighs.
- Slow Motion Firming - For intensive firming of the abdomen and thighs.



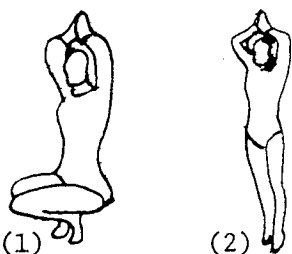
3-A CHEST EXPANSION - Stand in a relaxed posture, arms at side, feet close together. Gracefully bring hands up to touch chest. Palms face outward. Slowly straighten arms outward at chest level. Slowly bring arms behind you. Keep them high at shoulder level. Interlace fingers. Very slowly and gently bend backward several inches only (1). Hold. Slowly bend forward, do not stretch too far. Bring arms over back and keep them high. Hold. Repeat entire routine bending backward and forward (2) farther. Repeat routine again in extreme positions. Extend left leg to the side. Bend forward as far as possible. Bring forehead toward knees (3). Straighten and repeat to the right leg.

Repetitions: Once in each of the three positions, then the leg positions.

Count: 10 in the backward and 20 in the forward positions. 10 in the leg stretches.

Remember to: Hold arms high at all times. Keep knees straight. Relax muscles in the forward bend so that head hangs limp.

3A



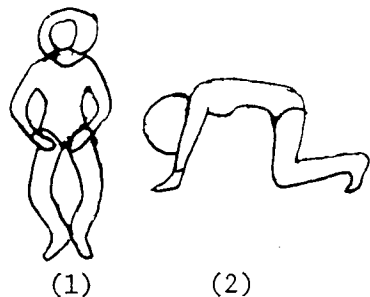
3-B DANCER'S POSTURE - Stand with heels together. Place palms together. Place palms together on top of head. Elbows are parallel with sides. In very slow motion bend knees and lower body. Continue to lower into squatting position (note position of toes (1)). Without Pause begin to push up very slowly. Straighten into upright position, remaining on toes (2). Lower soles of feet to floor.

Repetitions: 5 times

Count: In continuous motion.

Remember to: Lower and raise in very slow motion. Keep knees as close together as possible throughout the exercise. Begin again from starting position whenever you lose your balance.

3B

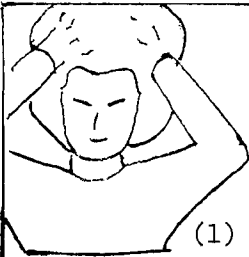


3-C ABDOMINAL LIFTS - Standing (1). Exhale deeply all air out of lungs. Lift abdomen by "sucking in" inward and upward. No air enters the lungs. Heels are together, knees bent slightly, hands resting firmly on upper thighs, all fingers pointing inward. Snap the abdomen out. Inhale and straighten to upright position. All Fours (2) On hands and knees. Knees touch. Arms parallel. Fingers point straight ahead. Head is lowered, abdomen relaxed. Exhale deeply. Perform lifting and snapping out movement. Inhale and relax.

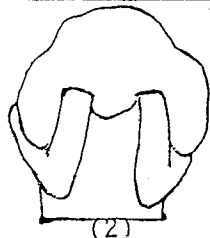
Repetitions: Three groups in each of the two positions.

Count: 5-10 rhythmic lifts in each group (This will make a total of 30-60 lifts).

3C



(1)



(2)

SCALP: Sit in cross-legged posture. Grasp hair firmly at roots (1). Make scalp move as much as possible, first forward, then backward by pulling vigorously (2). Perform rhythmically and not too quickly. At conclusion of movements scalp should tingle and feel "alive."

Repetitions: 25-50 movements.

Count: In continuous motion.

Remember to: Grasp and pull hair forcefully. Don't be too gentle; movements should hurt a little.

3D



(1)



(2)

LION: Sit on heels. Hands rest on knees (1). Slowly move trunk forward. Simultaneously widen eyes and extend tongue (2). Fingers are spread far apart. You must feel a strong pull in all the muscles of the face and neck; if not, you must intensify effort. Hold tensed. Very slowly withdraw tongue. Relax eyes and fingers.

Repetitions: Three times.

Count: 20 in each extreme position.

Remember to: Extend tongue with sufficient intensity so that a strong pull is experienced in all muscles of face and neck. Hold eyes wide and fingers apart.

3E



(1)



(2)

NECK ROLL: Sit in a cross-legged posture. Sit erect. Bend head forward and rest chin against chest. Close eyes. Hold. Very slowly roll head to extreme left and hold (1). Roll head to extreme backward position and hold (2). Very slowly roll head to extreme right and hold. Trunk does not move. Very slowly move head forward. Repeat routine in the opposite direction.

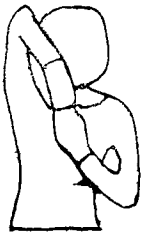
Repetitions: Twice counter-clockwise; twice clockwise.

Count: 5 in each rolling movement.

Remember to: Sit erect. Roll head only. Trunk does not move. Keep eyes closed.

3F

12.



POSTURE CLASP: Sit in a cross-legged posture. Place left hand behind back. Bring right hand over and clasp left hand. Pull right arm down an inch or two. Hold. Pull left arm up. Hold. Reverse position of the arms and repeat routine. Relax.

Repetitions: Five times each side.

Count: 3 for each pull.

Remember to: Sit erect.

3G



KNEE AND THIGH STRETCH: In a seated position clasp feet firmly. Pull heels in as far as possible. Sit erect. Pull up against feet and slowly lower knees. Feel thighs tightening. Pull hard against feet. Continue to lower knees as far as possible. Hold. - Relax.

Repetitions: Three times.

Count: 15 each stretch.

Remember to: Keep the spine straight. Pull hard against feet so that knees may be lowered.

3H



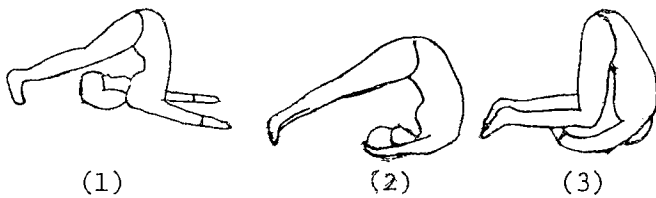
SHOULDER STAND: Lie on back. Brace palms against floor. Slowly raise legs, keeping them straight. Swing legs back with sufficient momentum for hips to leave floor. Brace hands against hips. Very slowly straighten to extreme position (1). Chin is pressed against chest. Legs are straight but relaxed. Hold. Bend knees and lower them toward head. Place hands on floor. Roll forward with knees bent. Arch neck upward to keep back of head on floor. When hips touch floor straighten legs upward. Slowly lower legs to floor. Relax completely for approximately one minute.

Repetitions: Your extreme position once.

Count: 3 minutes (a count of 180) is adequate. Advanced students can hold up to 10 minutes.

Remember to: Keep legs straight, but relaxed. Press chin against chest in extreme position.

3I



PLOUGH: Lying on back, brace palms against floor and raise legs. Push against floor and swing legs back (as slowly as possible). Toes rest on floor. Chin is pressed against chest (1). Hold. Now clasp hands on top of head (2). This enables you to inch back several inches farther with toes.

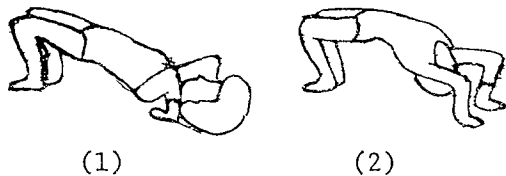
Hold. Lower knees to either side of head (3). Hold. Bend knees and bring them forward to head. Roll forward, arching neck to keep head on floor. When hips touch floor, straighten legs upward. Lower legs to floor. Relax for approximately one minute.

Repetitions: Perform all three positions (if possible) in routine twice, resting between each routine.

Count: 20 in each of your extreme positions.

Remember to: Work on smoothness in routine.

3J



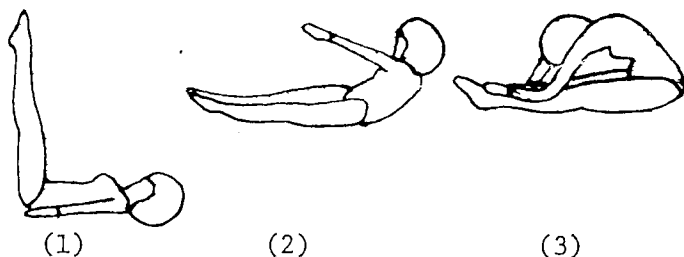
BACK PUSH-UP: Lie on back, knees bent and together. Palms rest firmly on floor, close to head. Push against floor with hands and feet. Raise body a moderate distance (1). Hold, then lower body to floor. Push against floor again. Arch neck and rest top of head against floor. Raise as far as possible (2). Keep knees together. Hold. Slowly lower body to floor. Relax.

Repetitions: Once in moderate position. Once in extreme position.

Count: 10 for each raise.

Remember to: Keep knees together.

3K



SLOW MOTION FIRMING: Sit with hands gripping thighs. Hold thighs firmly. Very slowly lower back to floor. As soon as back touches floor, bring knees slowly towards chest with legs bent. Straighten legs (1). Lower legs as slowly as possible. Without pause raise trunk, arms outstretched, to upright position (2). With arms still outstretched, bend forward slowly.

Hold farthestmost area of legs possible. Bend forward and down (3). Without pause straighten to upright position and hold thighs. Relax briefly.

Repetitions: Entire routine twice.

Count: In continuous motion.

Remember to: Move in very slow motion. There is no holding in this exercise.

3L