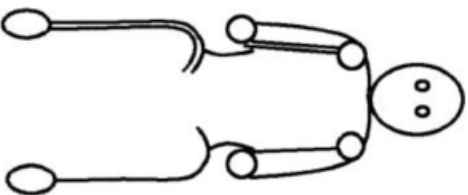


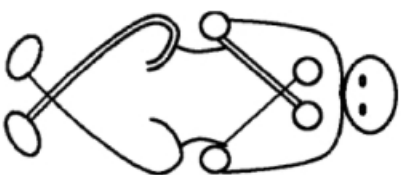
FETAL MEASURING



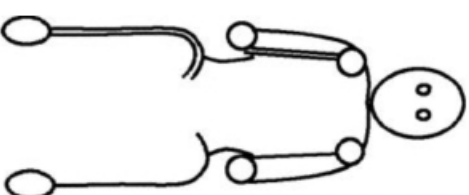
Lie on back in fetal position. Thumbs are tucked inside fists. Tip head up. Cross arms at wrists and legs at ankles, with right arm and right leg on top..



Put head back. Move fists to shoulders and ankles to hips, (fists touch shoulders. Ankles are above hips.)



Tip head up. Cross, with right arm and right leg on top again.



Head back. Fists to shoulders and ankles to hips.

Do half of crossings with right arm and right leg on top. Then switch and do last half putting left arm and left leg on top.

Counting: Each time you tip your head up counts as 1.