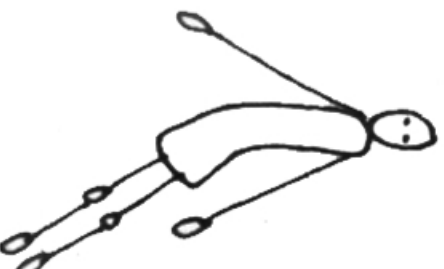
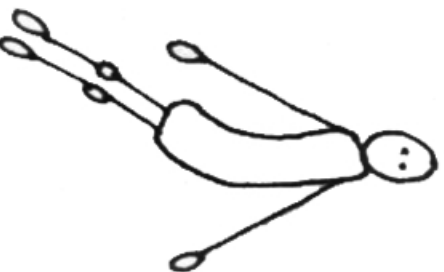
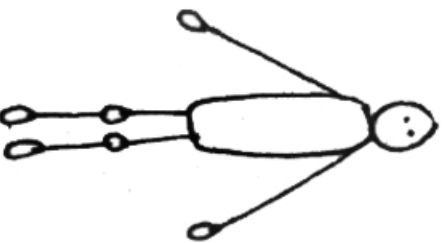


TRUNCAL MOVEMENTS

from the waist down

On the back



Lie on side, knees straight and legs flat-always. Arms out to sides, palms down.

Keeping body, hips, and legs nice and flat, swing hips and legs to the right. Bend should be at waist, not at hips. Use hands to brace upper half of the body so its stays in place.

Now swing hips and legs to the left. Bend at waist, not hips. Upper half of body stays in place.

Swing to the right again.

On the stomach

Lie on stomach. Same movements as above.

Remember: Bend at the waist, not the hips.

Counting: Each time you swing counts as 1.