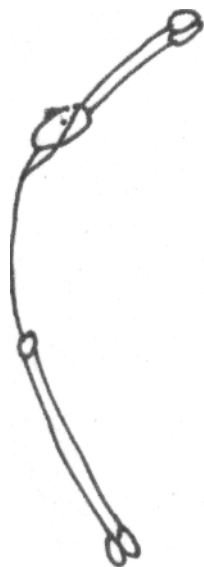


TRUNCAL MOVEMENTS ON SIDE



Lie on side, all curled up.
Head and arms tucked in.
Knees pulled up snug.



In one big, smooth movement:
Stretch arms out beyond head.
Put head back.
Arch back.
Stretch legs out, knees straight.



Curl up again, smoothly.



Arch. One big, smooth movement
again.

Do half of the movements lying
on right side, then switch and
do other half lying on left side.