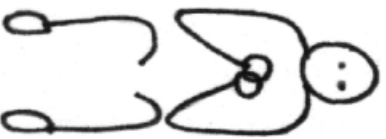
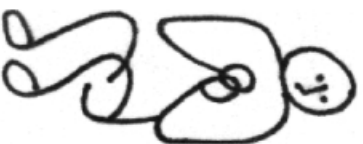


TWISTING TRUNCAL MOVEMENT



Side view

Lie on your back.
Keep your hands on chest.
Your legs folded up, and your feet above your hips.



Turn your head halfway to the left.
At the same time, move your knees toward floor on the right.
Keep your shoulders flat on the floor-always.
Your trunk will be twisted between your shoulders and hips.



Turn head halfway to right. At the same time, move your knees toward the floor on the left. Keep your shoulders flat on the floor-always.

Counting: Each time you turn your head.