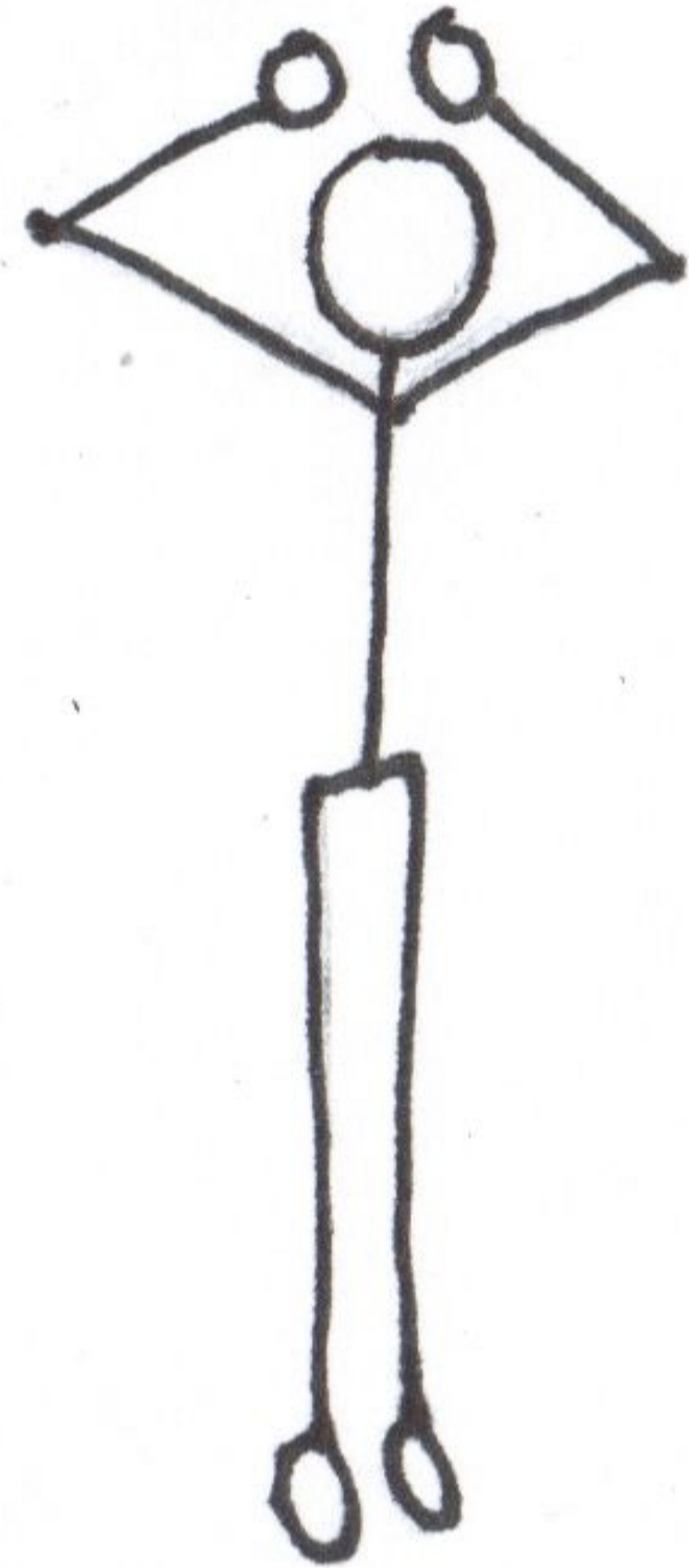
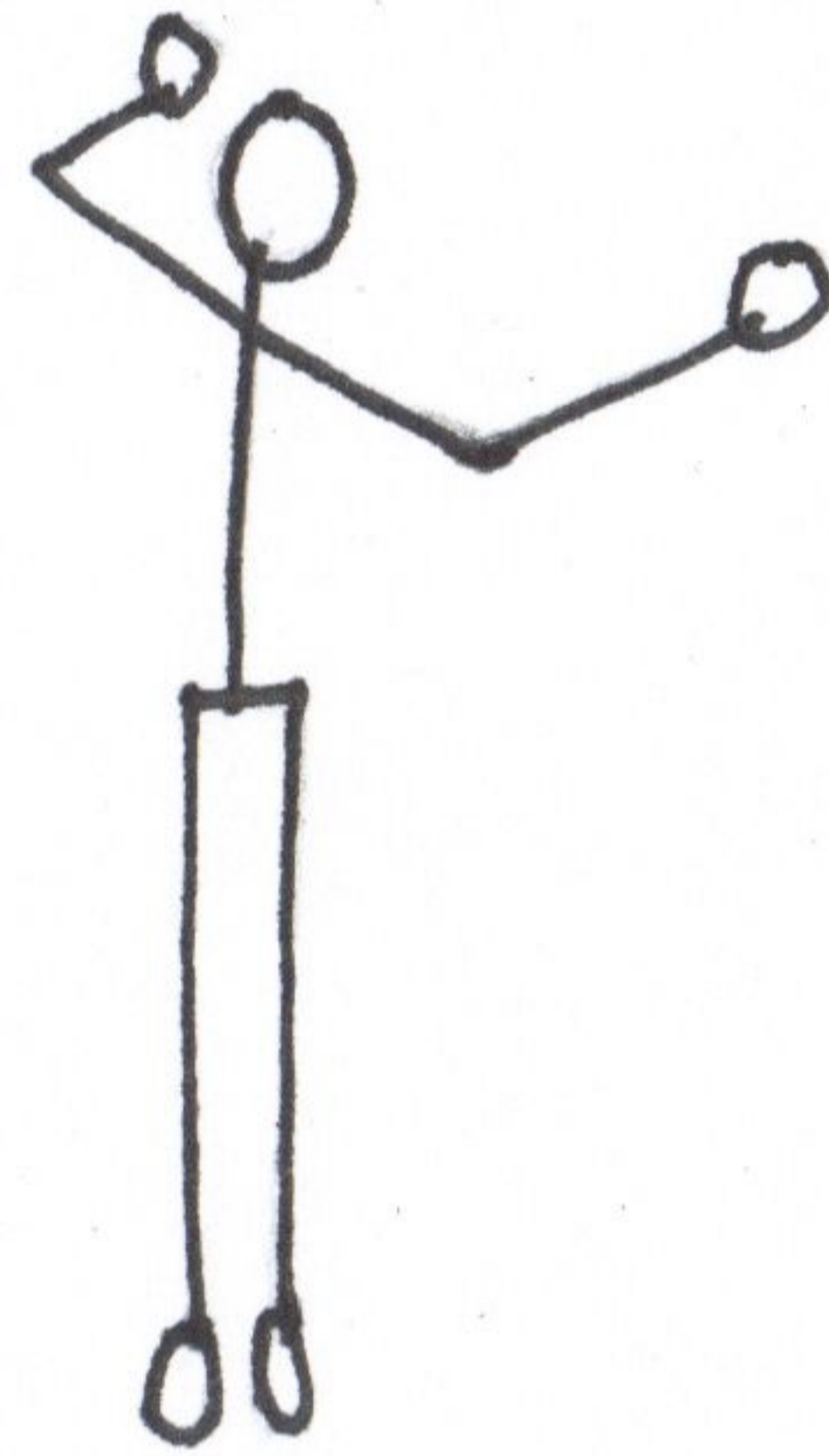


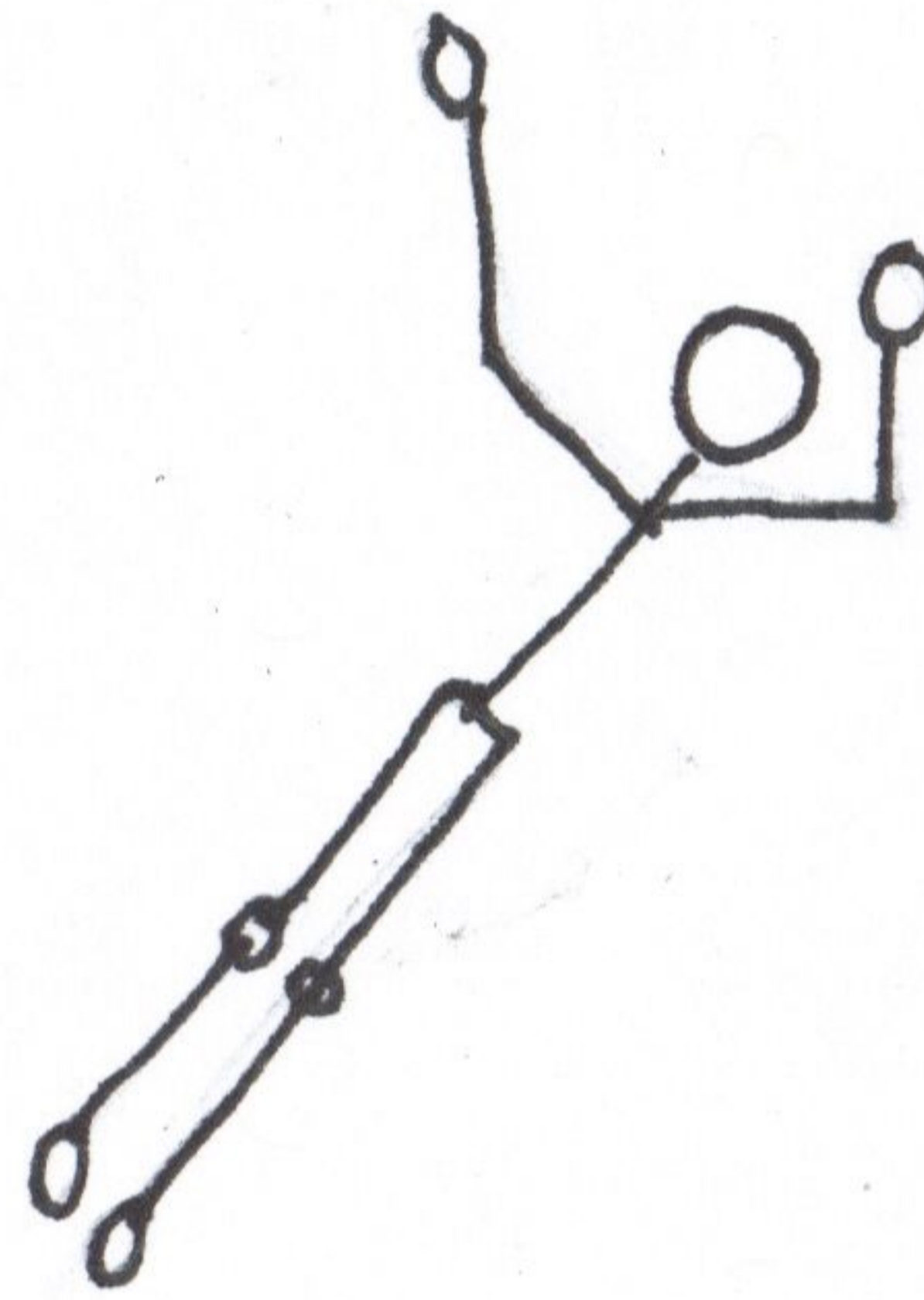
CIRCLING 2



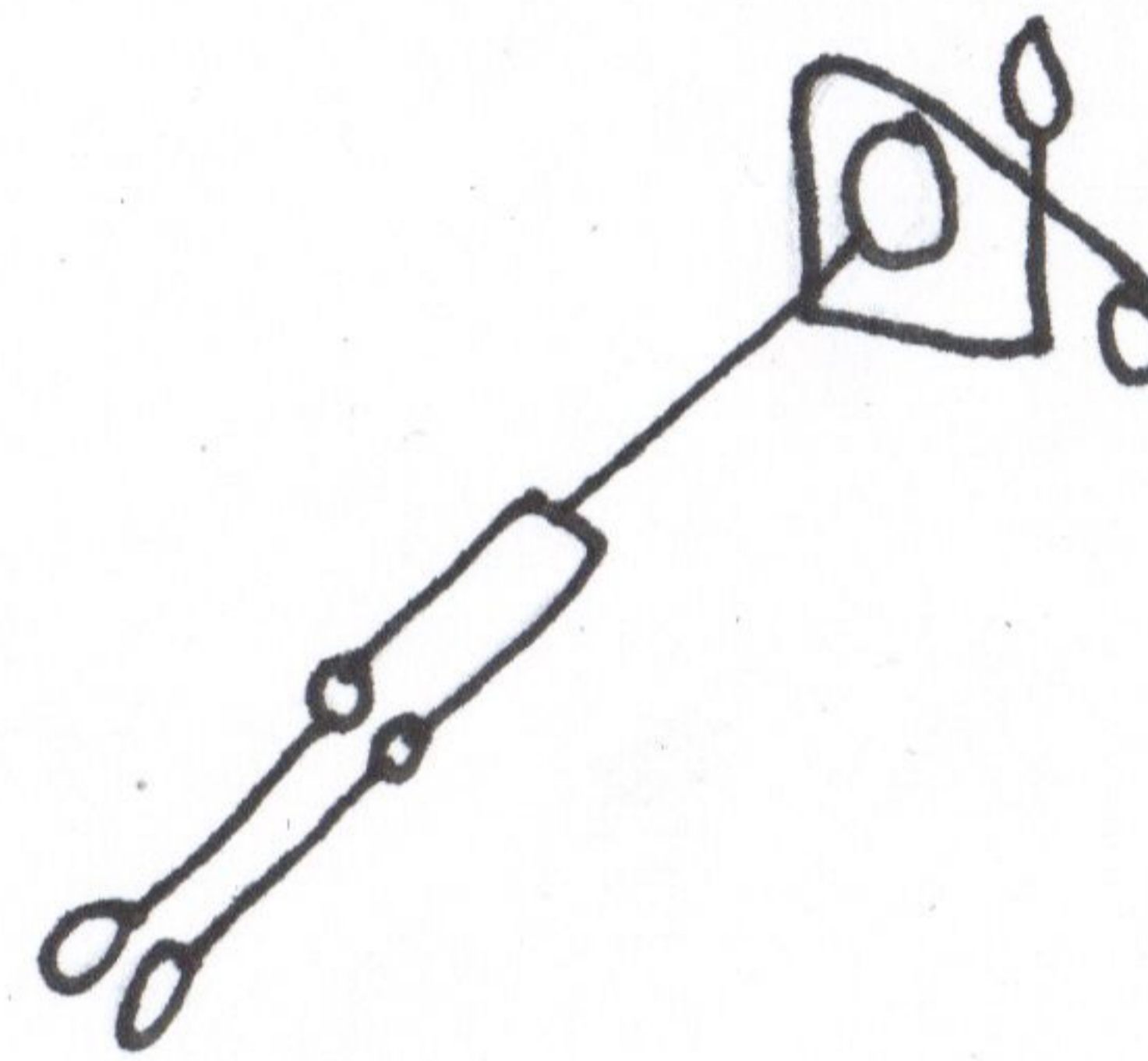
Lie on stomach, hands palm down on floor in front of head. Legs are straight and together always.



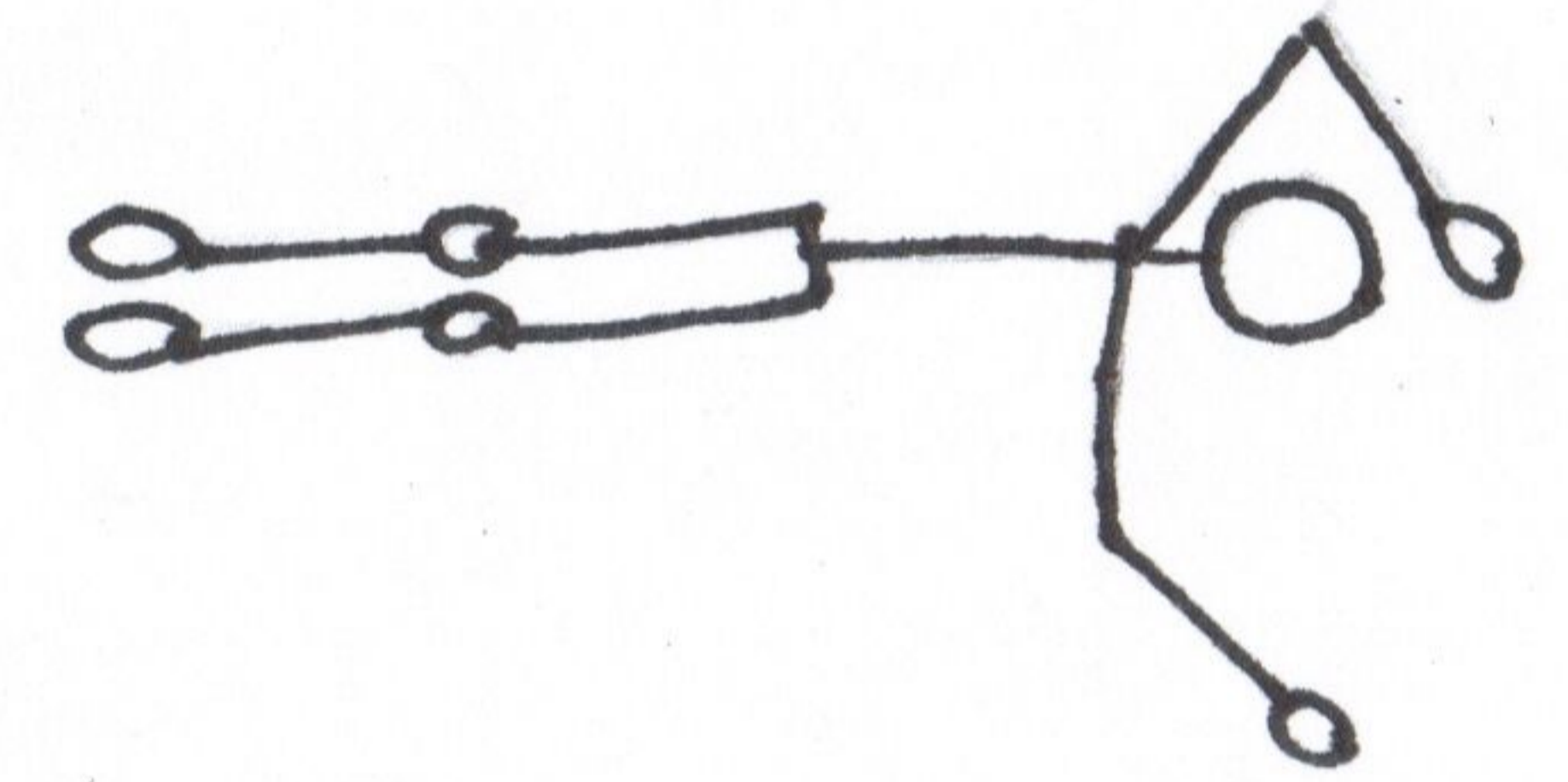
Reach to side with right hand and pull so that the body turns.



Stop pulling when head is even with right hand.



Reach across in front of body with left hand and pull so body continues turning in same direction.



When head is even with left hand, reach again with right hand and continue turning.

Work for smooth, continuous turning. Do half of turns clockwise, then stop and do other half counterclockwise.

Counting: Each full turn counts as 1.