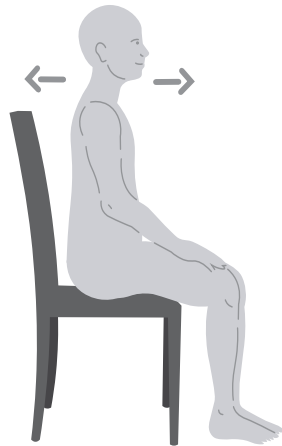
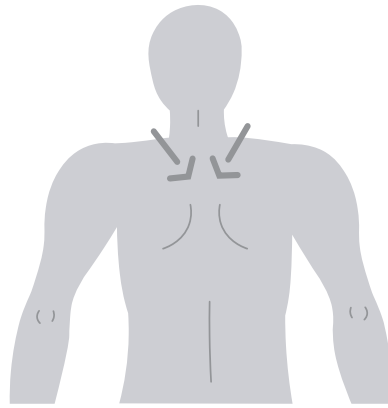


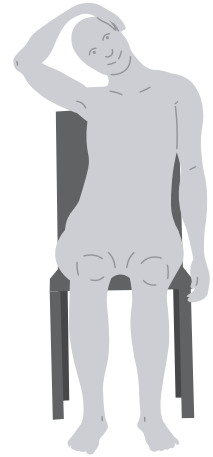
1)



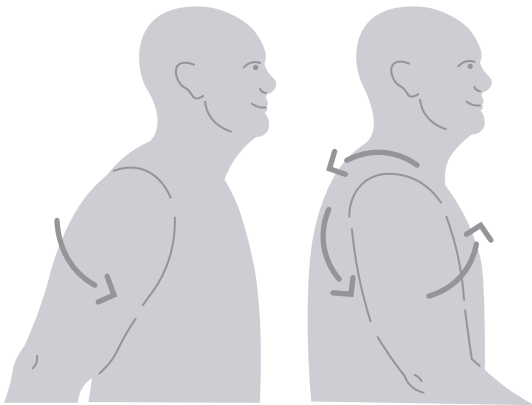
2) Chin Tucks



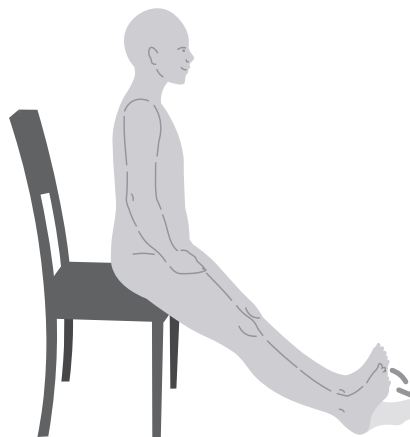
3) Pull Scapulas  
"Criss-Cross" &  
Downwards



4)



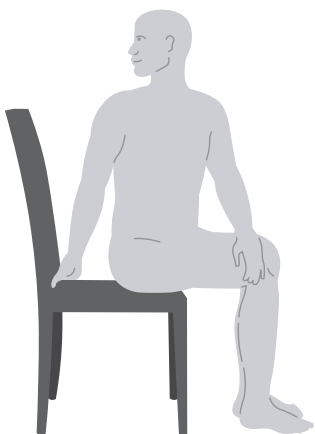
5) Rotate Back & Forth



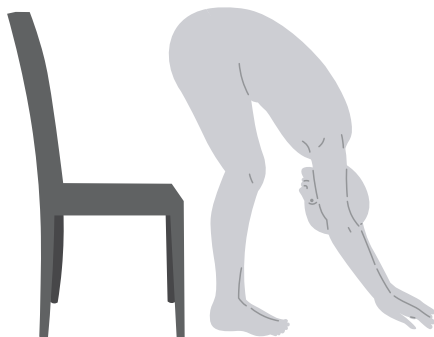
6) Both Feet-  
Up and Down



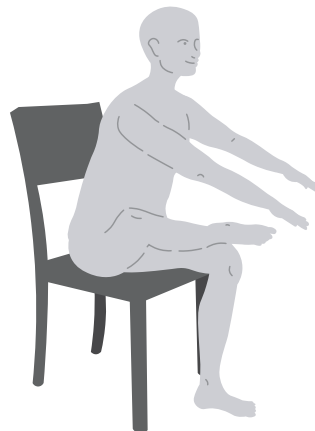
7)



8)

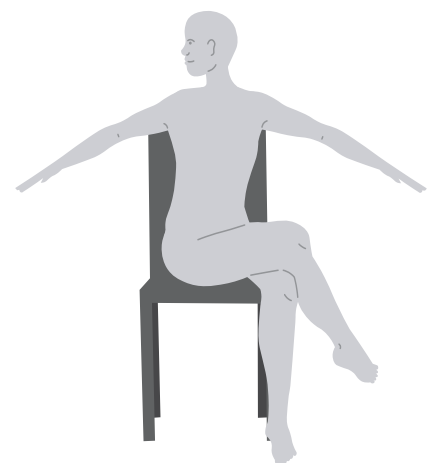


9)



10A)

Stretch Arms Out



10B)