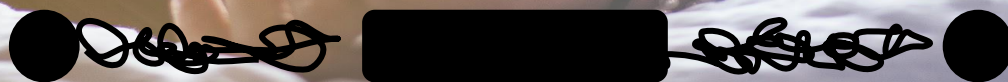


STARTS IN BED! GOOD MORNING!

- CIRCLE ANKLES 5 Each Way
- LEG UP STRETCH 15 Seconds
- KNEE HUGS to CHEST 15 Seconds
 - CHICKEN HIPS 15 Seconds
- OPEN SESAME LEGS 15 Seconds
 - GET UP HOLDS 15 Seconds
- HELICOPTER TWIST on The EDGE 2 Each Side
 - BIG BED STEP 10 Seconds Each
- BED BACK BEND STRETCH 15 Seconds
 - PUSH UPS 10



I take the RollerSizeR to Bed. Why? So when I get up, it is right there with me to begin my day. I also use it to support my neck while reading before I fall asleep. This Daily routine gets you GOING right at the Top of your morning.