

TIME

EXERCISE

AREA AFFECTED

10 secs ..... 20 waist twists (up)



waist, chest, upper back, arms

10 secs ..... 10 waist twists (down)



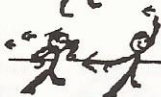
waist, upper back, arms, hamstrings

10 secs ..... 10 backstrokes



shoulder tension, pectorals, arms, bust (chest)

10 secs ..... 10 snap stretches



arms, shoulders, upper back, chest

20 secs ..... 5 deep knee bends



thighs and knees (heels up)

10 secs ..... 5 knee to nose-kick  
straight forward foot



abdominals and buttocks

10 secs ..... 5 knee to nose-kick  
foot turned out



abdominals and saddle bags

20 secs ..... same with other leg



20 secs ..... 5 deep knee bends



thighs and knees (heels down)

10 secs ..... 20 steps, easy running  
steps in place



feet, legs, heart and lungs

10 secs ..... 20 steps, feet turned in



anterior tibialis and hips

10 secs ..... 20 steps, feet turned out



outer and inner aspects of thighs

10 secs ..... 10 apart-together jumps



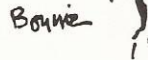
outer and inner aspects of both feet and legs

10 secs ..... 10 scissor jumps



forward and back aspects

10 secs ..... 20 high knee lifts



thighs

Boyer