





The three minute exercise program will fit into any commercial time on TV or it can be timed by using the one-chim-pan-zee, two-chim-pan-zee second counting method.

**They can be done anywhere...** home, office, trailer, classroom.

It gives all the benefits of a strong exercise program, but does not require:

1. Sweat
2. Muscle pain
3. Exercise clothes
4. A trip to the gym
5. A teacher
6. Parking the car
7. Equipment
8. A large block of time

If this series of three minutes can be done five times a day, it will involve 15 minutes and provide:

<p>100 waist twists (up) 100 waist twists (down)</p>		<p>For entire torso with special work on chest, waist and upper back. (BUST...POT and SPARE TIRE) (SHOULDER TENSION...RESULTING HEAD-ACHE)</p>
<p>50 backstrokes</p>		<p>Same as above plus ROUND BACK</p>
<p>50 snap and stretches</p>		<p>Same as above (ROUND BACK...BACK...TENSION)</p>
<p>200 knee-to-nose-kicks</p>		<p>Abdominal strength, low back and buttocks...thighs (POT and SEAT and SADDLE BAGS)</p>

It also provides five full minutes of cross country type running, 600 separate leg and foot actions, as well as heart and lung exercise, done in such a way as to prevent shin splints, blisters, torn muscles and discouraging pain.

Done often throughout the day, this series will release tension and keep circulation active. This guarantees better performance on every level, as well as prevention of fatigue.