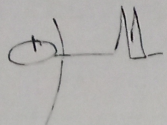
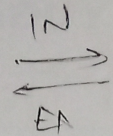
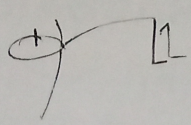
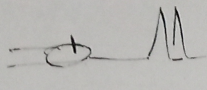
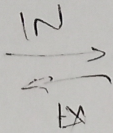
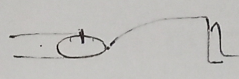

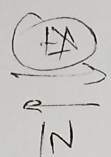
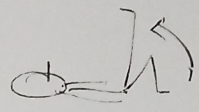
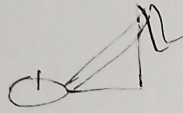
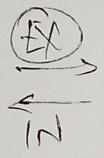

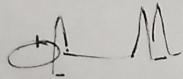
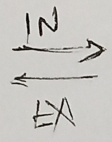
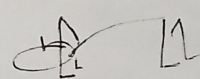


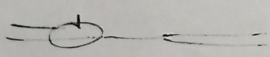
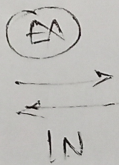
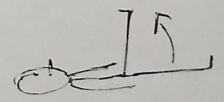
5 a)    3 times

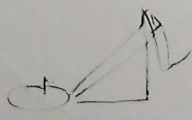
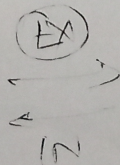
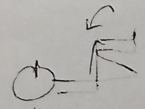
b)    3 times

6.    Alternate legs
5 times/each leg.


7.    5 times
relax shoulders.

8    5 times
(raise hips only)

9.    Alternate legs
5 times/each leg

10.    5 times (same
as no. 7)
relax shoulders

 = Relax

11.  IN - rolled tongue (head up)
EX - nose (head down) 10 times

Part