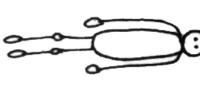
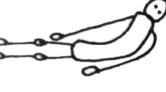
TRUNCAL MOVEMENTS

from the waist up

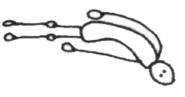
On the back













Knees straight and legs flat-always. Arms at sides. Lie on back.

Keeping body and head nice and Bend should be at the waist, not Touch right hand to right knee. flat, bend to the right.

Lower half of body stays in place.

the hips. Straighten out and bend to the Touch left hand to left knee. left in one big, sweeping motion. Bend should be at the waist, not

Swing to the right again.

On the stomach

movements as above. Lie on stomach. Sarrie

counts as 1.

Counting: Each time you swing

not the hips. Remember: Bend at the waist,

