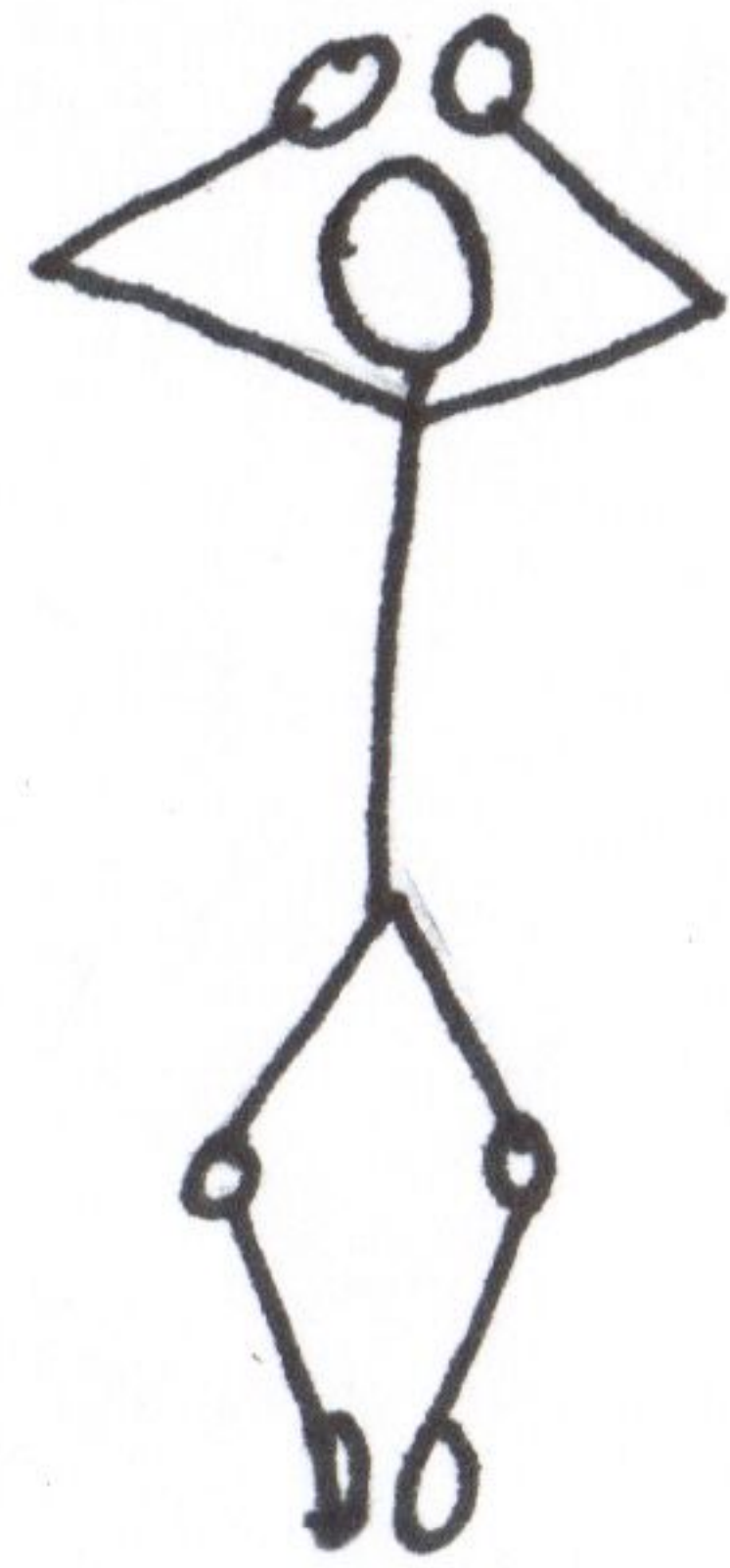
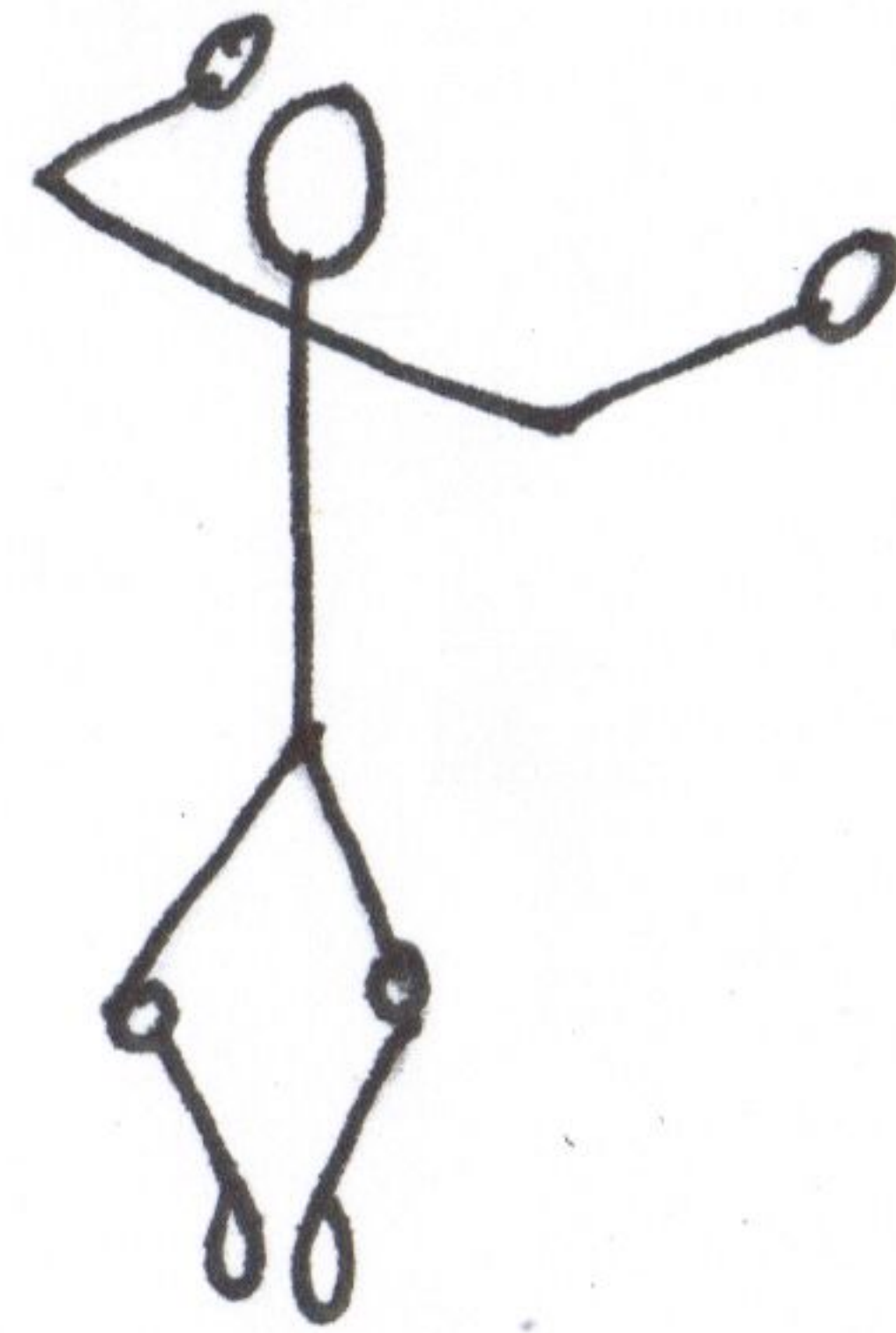


CIRCLING 1

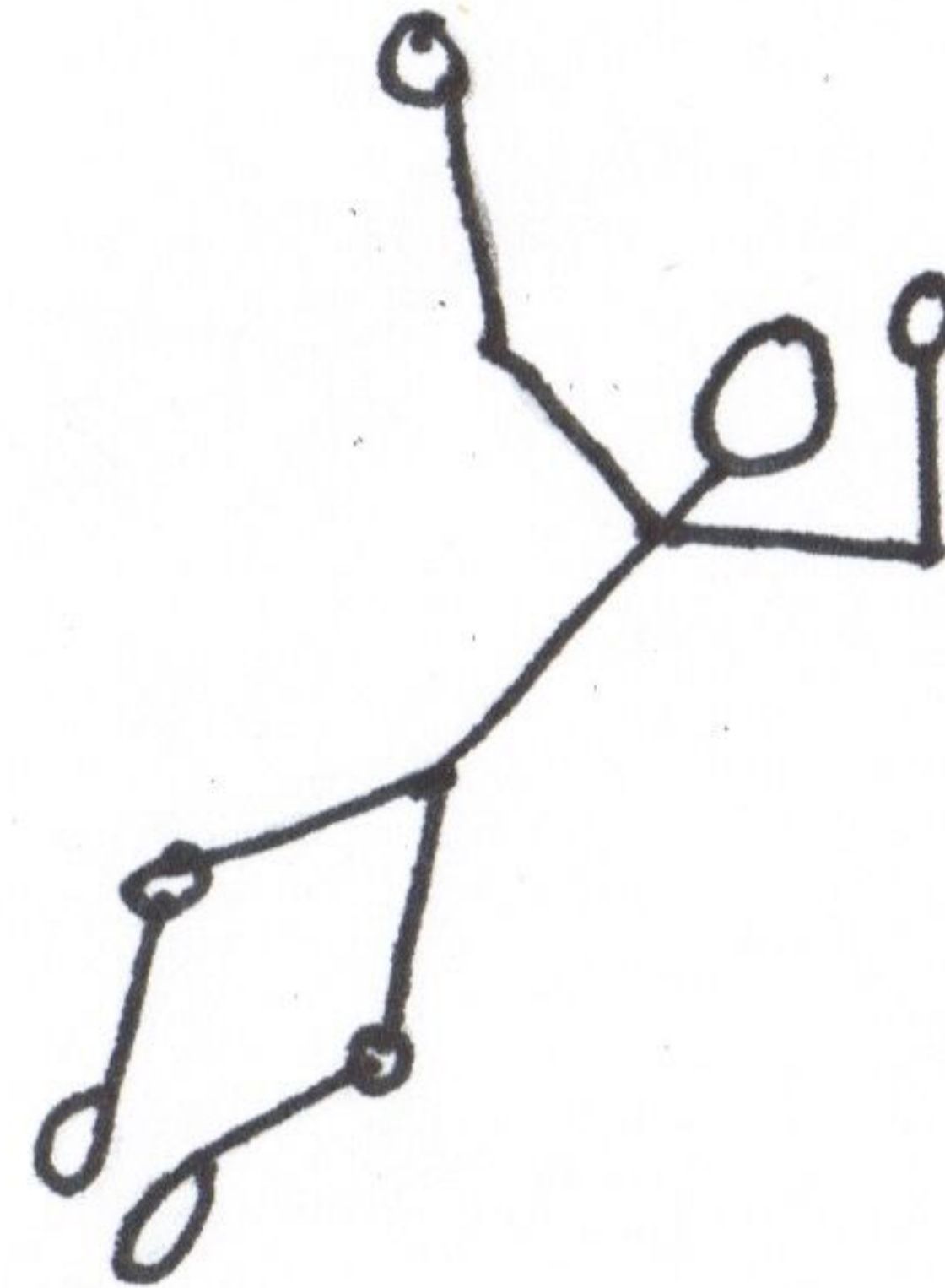


Lie on stomach, hands palm down on floor in front of head. Legs are bent at knees, with calves and feet slightly off floor.

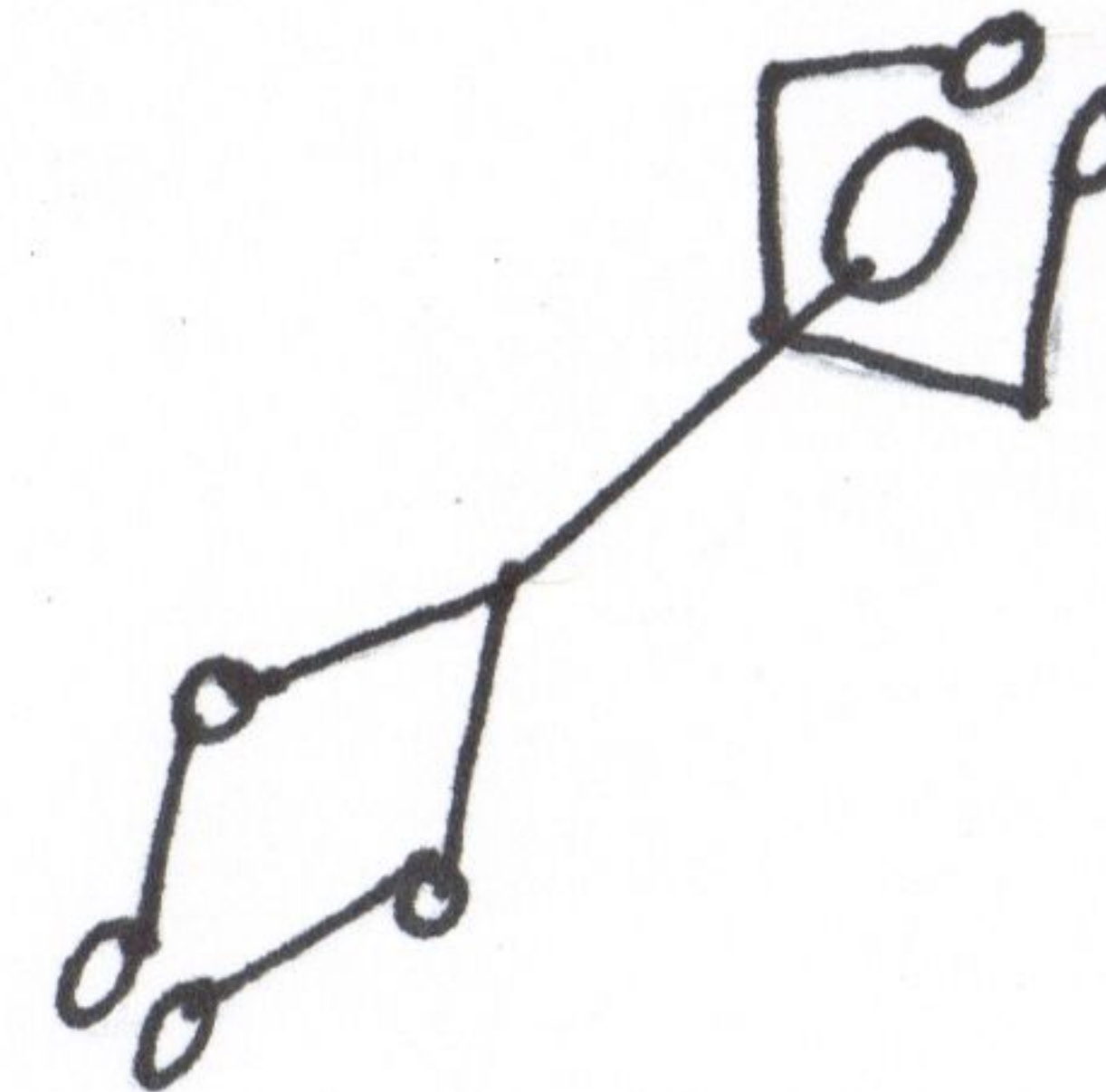
Work for smooth, continuous turning. Do half of turns clockwise, then stop and do other half counterclockwise.



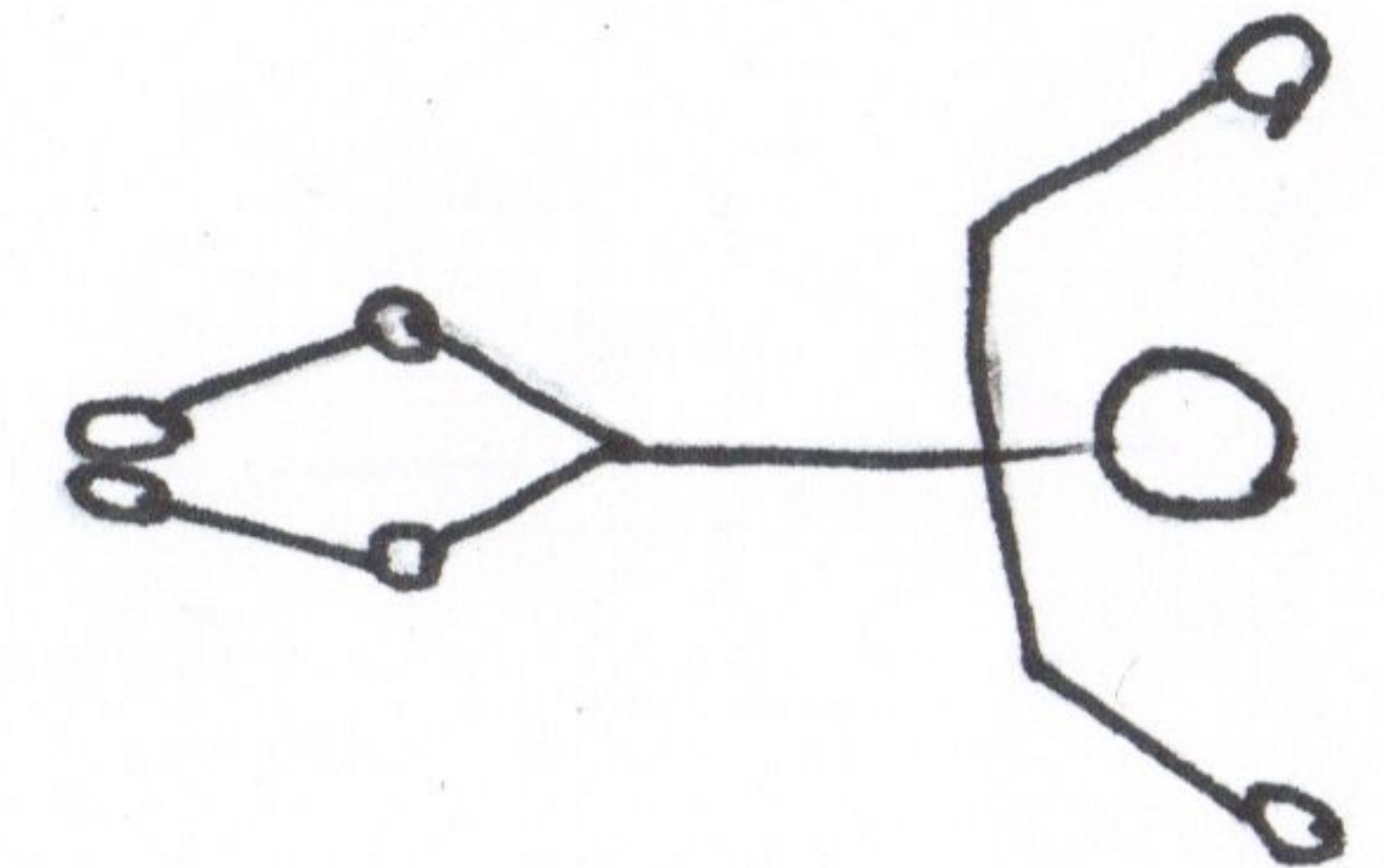
Reach to side with right hand and pull so that the body turns.



Stop pulling when head is even with right hand.



Put left hand on floor in front of head and push so body continues turning in same direction.



While pushing with left hand, reach with right hand and get ready to pull again.

Counting: Each full turn counts as 1.