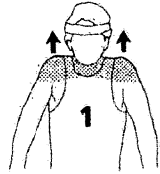


**Before and After
Weight Training**

Approximately 7 Minutes

Warm up by using a stationary bike or treadmill, etc., for 3-5 minutes before stretching.



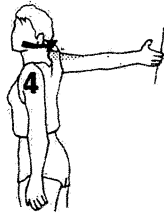
5 seconds
2 times
(page 46)



10 seconds
with arm
(page 43)



8-10 seconds
each side
(page 44)



10 seconds
each arm
(page 82)



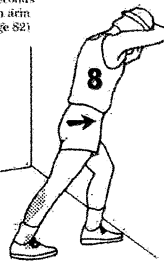
15 seconds
(page 46)



10 seconds
(page 46)



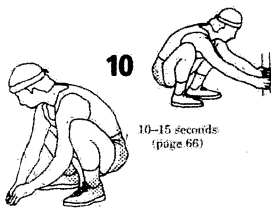
10 seconds
each side
(page 81)



15 seconds
each leg
(page 71)

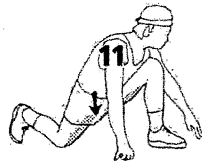


10-15 seconds
each leg
(page 75)

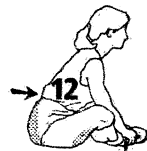


10-15 seconds
(page 66)

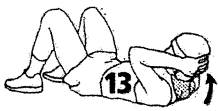
Stretch between sets to promote "active rest" and to keep your circulation moving.



15-20 seconds
each leg
(page 51)



10-15 seconds
(page 58)



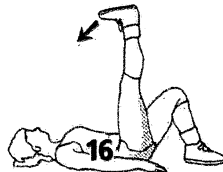
3-5 seconds
2 times
(page 27)



10 seconds
each side
(page 32)



15 seconds
each leg
(page 31)



10-15 seconds
each leg
(page 68)



10 seconds
each arm
(page 42)



15 seconds
(page 42)

Short on time?
Do this mini-routine:
1, 3, 5, 6, 7, 8, 9, 11
Approx. 3 minutes.