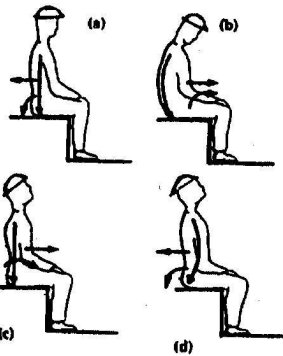




Stretch 4:

/2:(5 % \$ & .

D 6LW XS VWUDLJKW DQG ORRN  
E %UHDWKH RXW DV \RX UROO \R  
VOXPS WR ORRN DW \RXU QDYHC  
F 7KHQ DV \RXU EUHDWKH LQ VW  
SHOYLV XS DQG OLIW \RXU KHD  
VWUDLJKW DKH DG

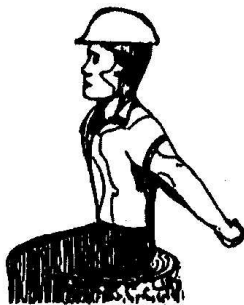


G %UHDWKH LQ DV \RX UHWXUQ  
QRW PRYH IRUZDUG RU EDFN  
7KLV LV D JRRG EDFN VWUHWFK

Repeat 5 times.

Stretch 5:

6+28/'(56 \$1' \$506  
%HKLQG \RXU EDFI  
KDQG LQ WKH RWK  
6ORZO\ WXUQ \RX  
LQZDUG ZKLOH VW  
\RXU DUPV SXOOL  
VKRXOGHU EODGH  
7KLV LV DQ H[FHO  
IRU VKRXOGHUV D



Hold for 5-15 seconds, repeat twice.

Stretch 6:

\$506 \$1' 8333(5 % \$ & .

+ROGLQJ ROH KDQG LQ WKH RWKHU  
TURQW RI \RX <RXU SDC  
/ EDFLQJ DQG \IURP \RX DV  
VWUHWFK 'RQ W OHW  
QXS IRUZDUG RXU  
iRLQJ WKLV  
)HHO WKH VWUHWFK LQ V  
WKURXJK WKH XSSHU SD



Hold for 20 seconds, repeat at least twice.

Stretch 7:

833(5 \$506 \$1' 6+28/'(5  
LWKU DUPV RYHUKHDG KROG WKH H  
WKH KDQG RI WKH RWKHU DUP \*HO  
EODGH VKRXOG FKH  
WRJHWKHU DW WKH EDFN  
DQG \RXU FKHVV  
VKRXOG H[SDQG  
7KLV LV D VL  
VWUHWFK FKHVV DQ  
VPSLFHXS DQG  
RI \RXU VKRX

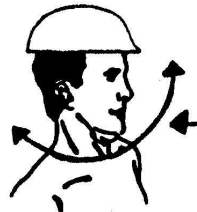


Repeat 3 times on each side.

Stretch 8:

1(& . \$1' 833(5 % \$ & .

/RRNLQJ VWUDLJKW DKH DG SXOO F  
GRXEOH FKLQ DQG JHQ  
OHIW WKHQ WKH ULJKV  
IHHO WKH VWUHWFK DW  
QHFN 3XOO \RXU VKRX  
JHQWO\ WR LQFUHDVH \  
HIIHFWLYHQHV RI WKH  
ZLOO VWUHWFK \RXU QI  
EDFN



Repeat 2-3 times.



6RXWKZLGH 6DIHW\ &RPPLWWHH  
)RUH5HW RXUFHV \$VVRFLDWLRQ ,QF  
3HQQV\OYDQLD \$YH 1: 6XLWH  
:DVKLQJWRQ '&