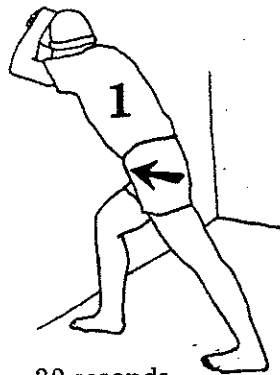


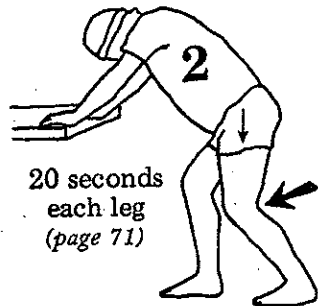
Walking

Approximately 7 Minutes

These stretches will make the movements of walking feel free and easy.



30 seconds each leg (page 71)



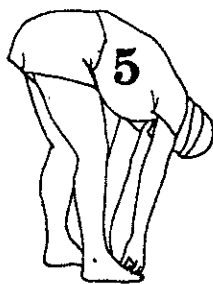
20 seconds each leg (page 71)



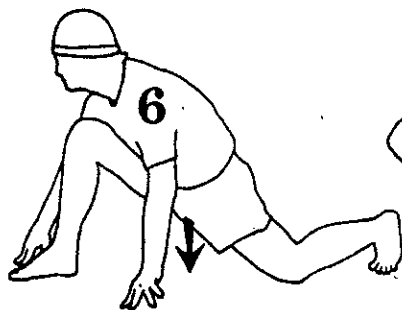
15 seconds each leg (page 74)



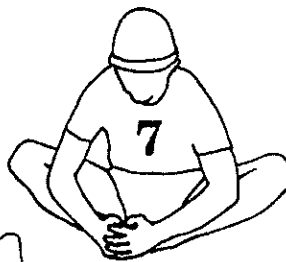
30 seconds (page 53)



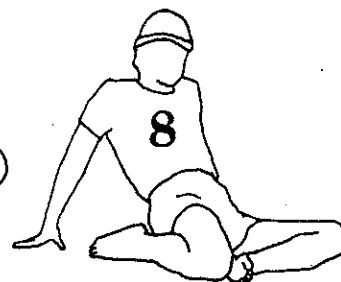
30 seconds (page 52)



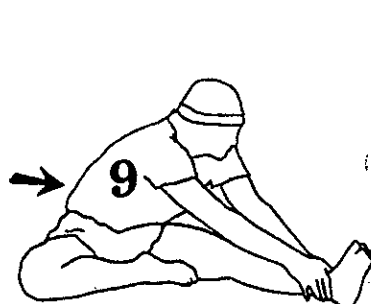
20 seconds each leg (page 48)



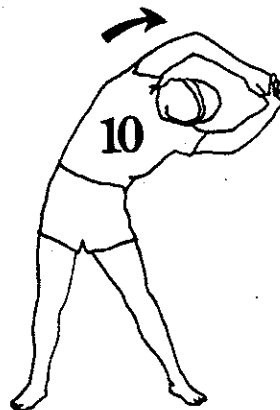
30 seconds (page 56)



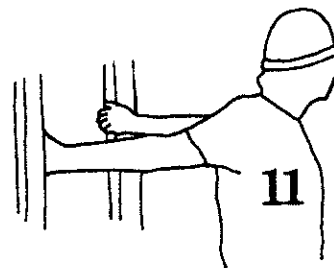
20 seconds each leg (page 33)



20 seconds each leg (page 36)



8 seconds each side (page 78)



30 seconds (page 44)