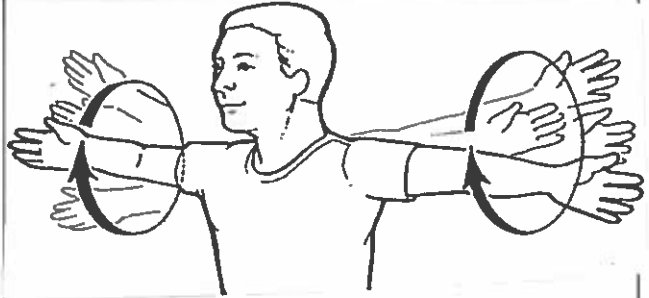


1. High knees. Put your hands out in front of you near your waist and high step letting your knees touch your hands. Do this for 30 seconds.



2. Shoulder rotations. Put your arms straight out at your sides. And rotate forward in circles for 15 seconds. Stop. Now rotate them backward for 30 seconds.



3. Side neck stretch. Look forward and without lifting your shoulder let your ear stretch toward your shoulder. Hold for 10 seconds and then stretch the other direction for 10 seconds.



4. Chest opener. Clasp hands behind back, and push hands toward the sky. Hold for 10 seconds.



5. Side arm stretch. Put your hands up and grab your wrist with you other hand. Gently pull your arm over your head. Hold for 10 seconds. Now do the other side.



6. Triceps stretch. Again with both hands up grab your elbow with your opposite hand and gently pull toward your back. Hold for 10 seconds. Now do the other arm.



