
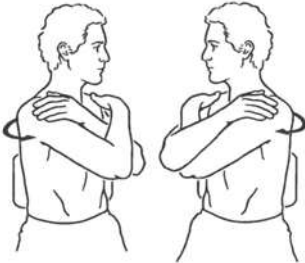





 <p>Figure A1-1 Jumping Jacks</p>	<p>Stand with your hands by your sides. Jump up, swing your arms up to meet above your head while spreading your feet shoulder width apart and landing softly back on the ground.</p> <p>Jump back into the starting position.</p> <p>Repeat the alternating jumps continuously.</p>
 <p>Figure A1-2 Butt Kicks</p>	<p>Jog in place while trying to touch your buttocks with your heels.</p>
 <p>Figure A1-3 High Knee Grab</p>	<p>Keeping your body straight, bring one knee up to your chest, holding it in place with your hands for 5 seconds.</p> <p>Return to the standing position, and repeat with the other knee.</p> <p>Continue alternating between both knees.</p>
 <p>Figure A1-4 Hip Rotations</p>	<p>Keep your shoulders square and centered over your feet, with feet planted on the floor.</p> <p>Place your hands on your hips and rotate your hips in a clockwise direction in large circles. Change direction after 15 seconds.</p>

 <p>Figure A1-5 Jumping Squats</p>	<p>Bend your knees to a sitting position (don't let your knees go past your toes), then jump up. Land lightly on the balls of your feet.</p> <p>Keep your back straight throughout the exercise.</p>
 <p>Figure A1-6 Trunk Rotations</p>	<p>Cross your arms over your chest and rotate slowly in one direction until you feel the stretch.</p> <p>Be careful not to over extend this movement.</p> <p>Alternate between both sides.</p>
 <p>Figure A1-7 Shoulder Rotations</p>	<p>Slowly swing your arms forward in small circles, gradually getting larger.</p> <p>Repeat in the other direction.</p>
 <p>Figure A1-8 Wrist Rotations</p>	<p>Rotate both hands in circular motions at the wrist.</p> <p>Rotate in both directions.</p>

 <p>Figure A1-9 Ankle Rotations</p>	<p>Keeping your foot off the floor, rotate your foot in one direction, and then the opposite direction.</p> <p>Switch and repeat on the opposite side.</p>