

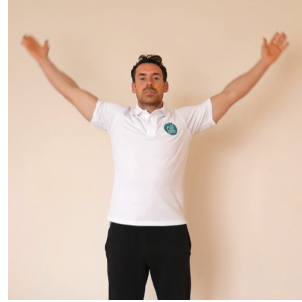
Morning stretches (see video)

1



Head side to side

2



Circle arms forwards and backwards

3



Hug body, change arms each time

4



Twist in both directions

5



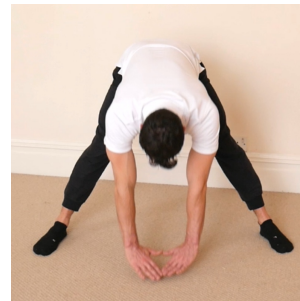
Reach down the leg

6



Stretch the inner leg

7



Reach down in front and back under

8



Stretch back of leg and sweep hands