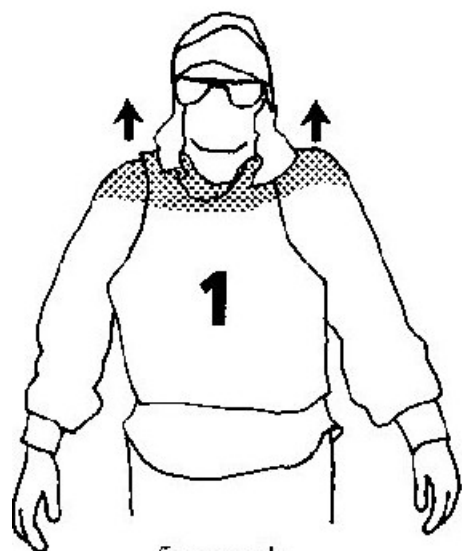


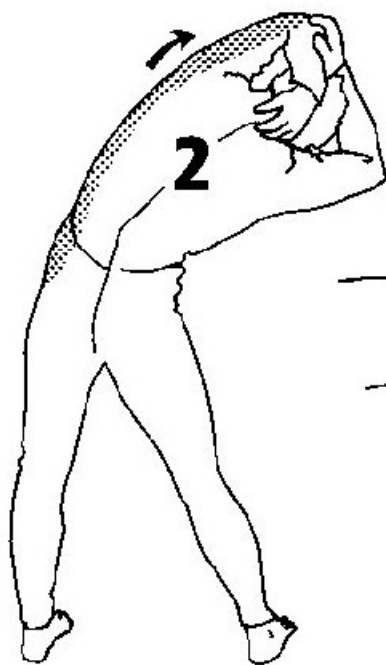
Before and After Kayaking

Approximately 7 Minutes

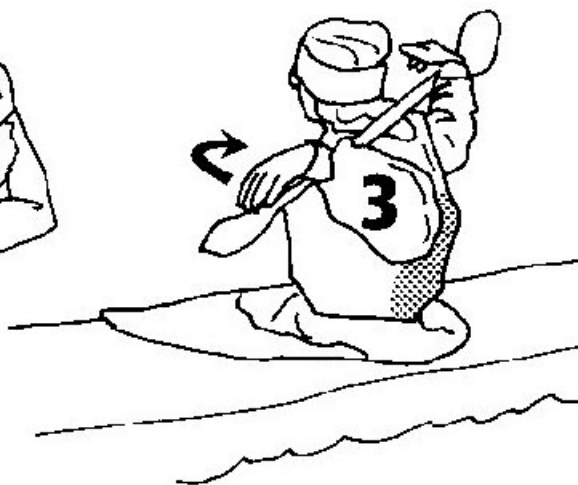
Walk for several minutes before stretching.



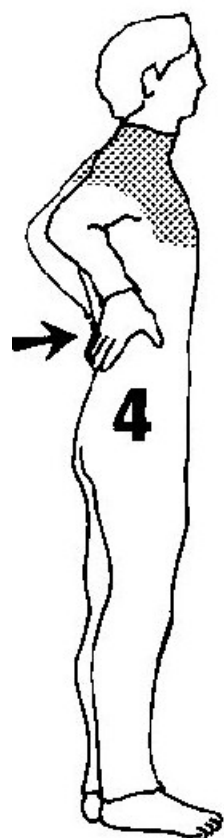
5 seconds
3 times
(page 46)



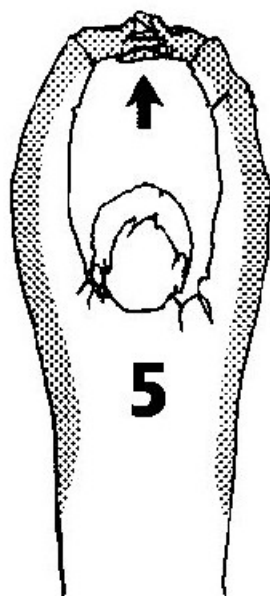
10 seconds
each side
(page 44)



10 seconds
each side
(page 81)



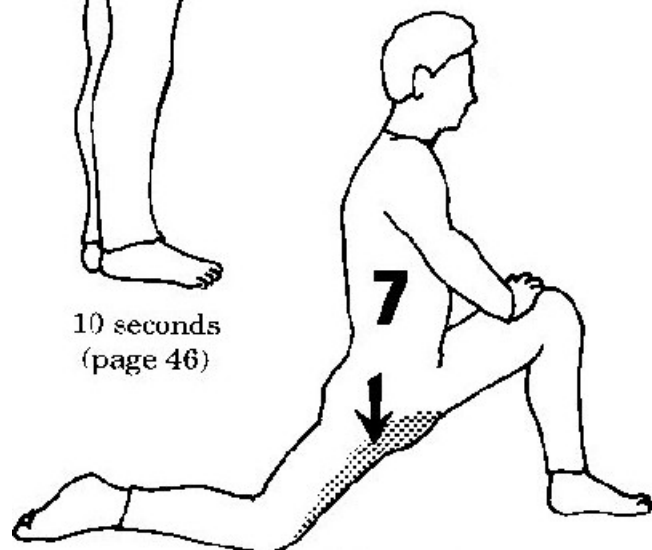
10 seconds
(page 46)



15 seconds
(page 46)



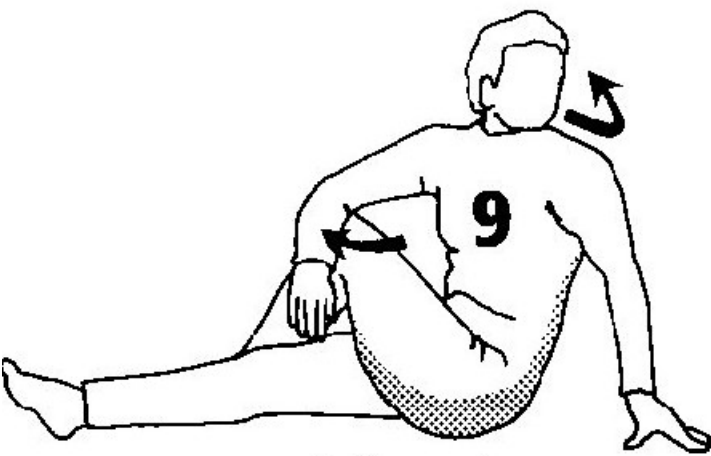
30 seconds
(page 55)



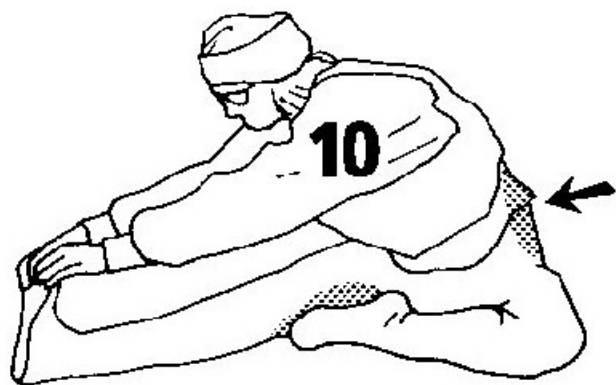
15 seconds
each leg
(page 53)



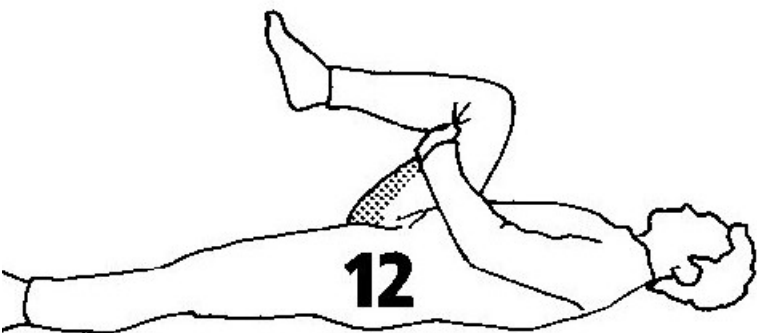
15-20 seconds
(page 58)



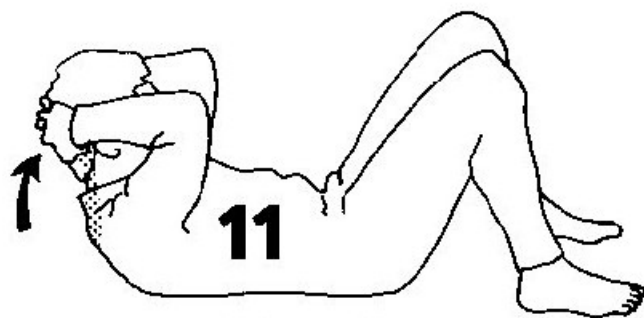
8–10 seconds
each side
(page 60)



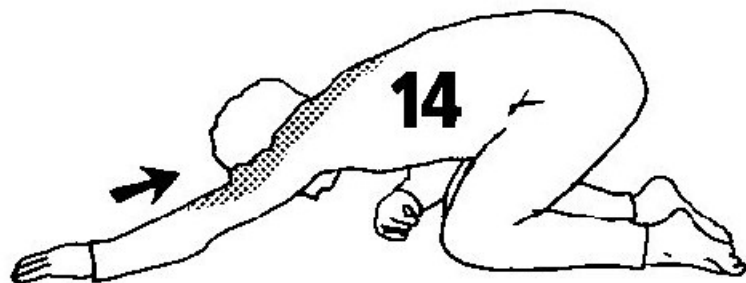
10–15 seconds
each leg
(page 40)



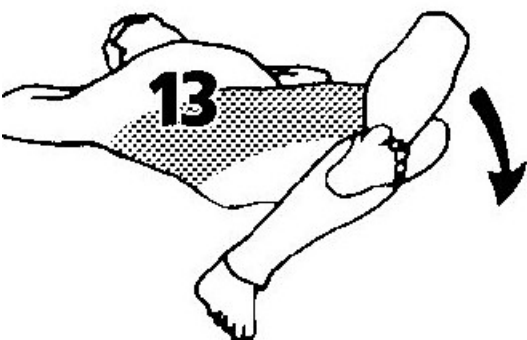
15 seconds
each leg
(page 31)



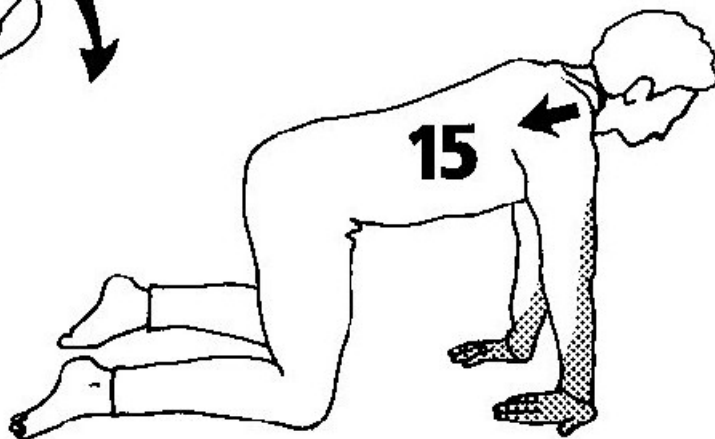
3–5 seconds
2 times
(page 27)



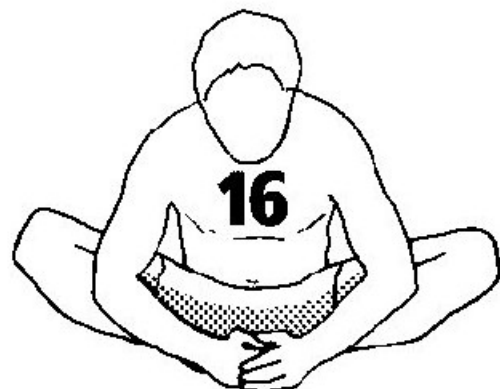
20 seconds
each arm
(page 42)



15–20 seconds
each side
(page 27)



10–20 seconds
(page 42)



15 seconds
(page 58)

Short on time?

Do this mini-routine:

1, 3, 4, 5, 6, 7, 8, 9, 15, 16

Approx. 4 minutes