

FIT FOR FIFTY

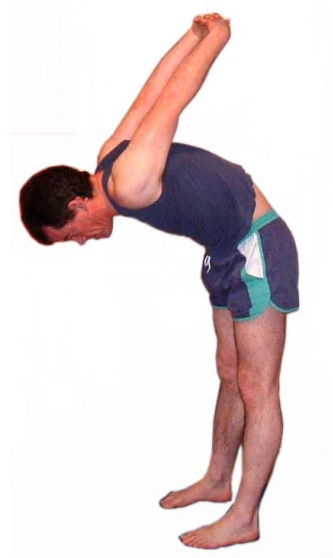
Complete Fitness Program - AM Routine Complete Breath Standing

Perform 5 times. Retain each breath for a count of 5.



Chest Expansion

Perform twice. Hold each backward bends for 5 and the forward bends for 10



Triangle

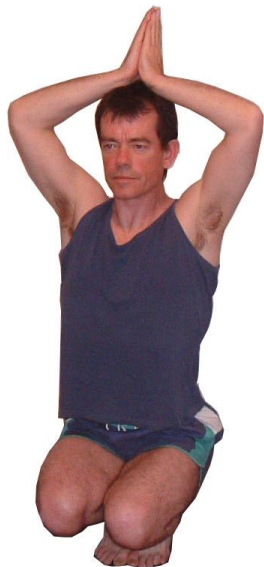
Perform 3 times on each side, alternating from left to right.

Hold each stretch for a count of 10.



Dancer's Movements

Perform 5 times. Hold the toes position for 5.



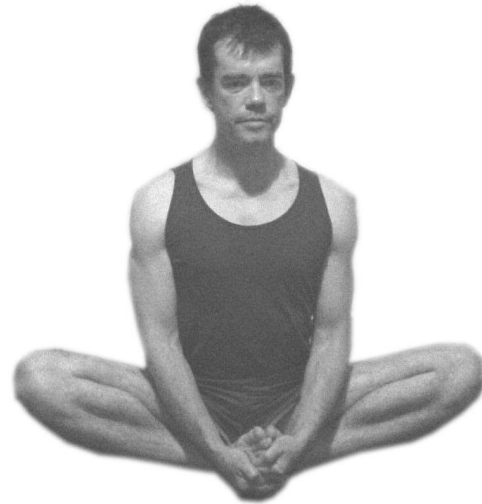
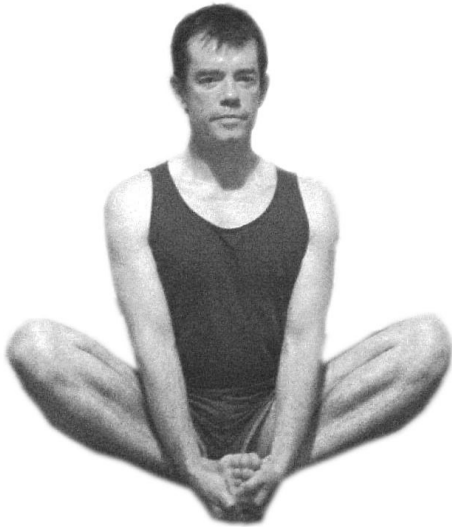
Back Stretch

Perform twice. Hold each stretch for a count of 20.



Knee and Thigh Stretch

Perform 3 times. Hold each stretch for a count of 10



Twist

Perform 3 times on left side, then 3 times on right side. Hold each twist for a count of 10.



Backward Bend

Perform each of the 2 positions once. Hold each stretch for a count of 10.



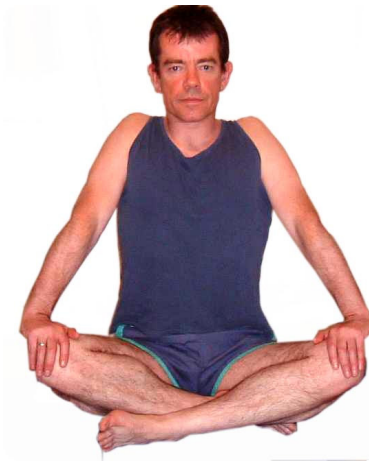
Continuous Motion

Begin with the Complete Breath Standing and perform each of the stretches in consecutive order, once. There is no holding of the extreme positions and no pause between the stretches. The entire routine becomes a continuous slow-motion dance.



Complete Breath Seated

Perform 5 times. Retain each breath for a count of 5.



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