Stretches and Breaks

1 — 10-20 seconds, two times
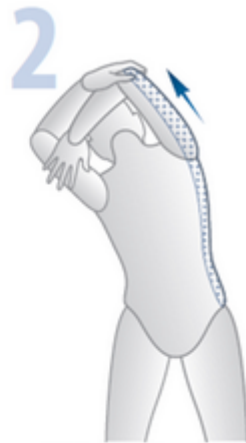
2 — 8-10 seconds, each side

3 — 15-20 seconds
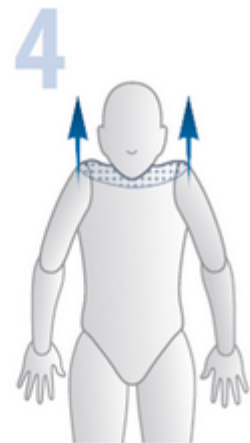
4 — 3-5 seconds, three times

5 — 10-12 seconds, each arm

6 — 10 seconds

7 — 10 seconds

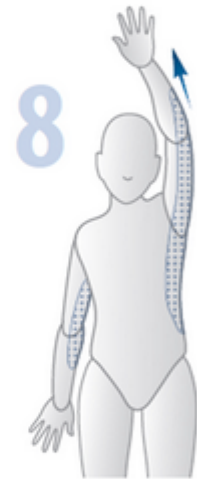**8** — 8-10 seconds, each side

9 — 8-10 seconds, each side

10 — 10-15 seconds, two times

11 — Shake out hands, 8-10 seconds