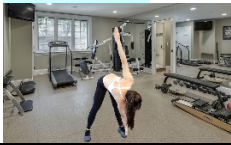


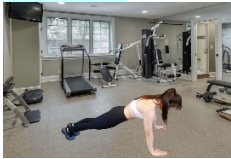
**Wind Mill**



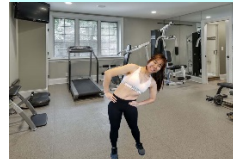
**Cherry Picker**



**Push Up**



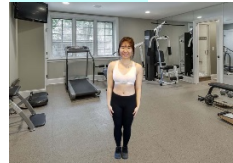
**Trunk Rotation**



**Scissors**



**Toe Riser**



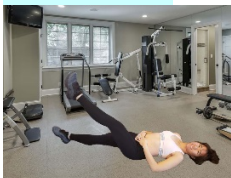
**Sit Up**



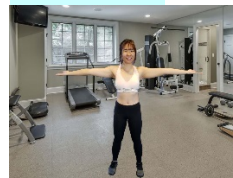
**Press Fling**



**Flutter Kick**



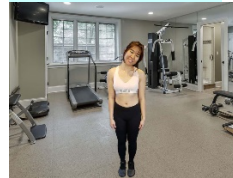
**Arm Circle**



**Jumping Jack**



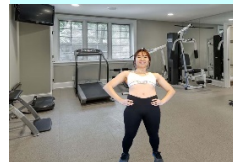
**Neck Rotation**



**Chase the Rabbit**



**Front and Back**



**Boot Slapper**



**Do these exercises right away, every morning, before you shower! You will feel wonderful for the rest of the day, have more energy, love life more than ever.**