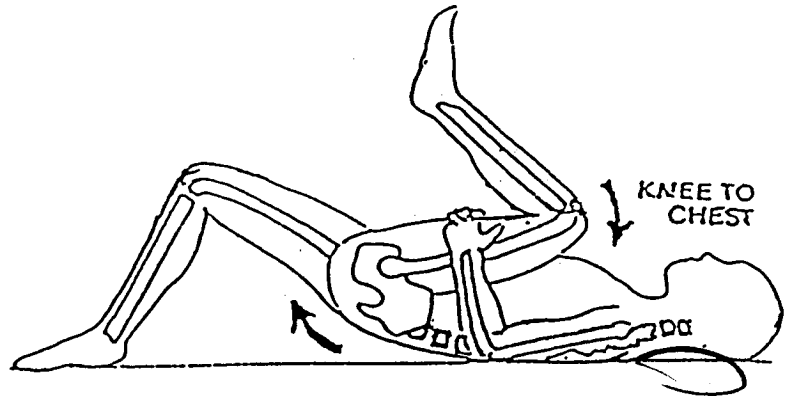


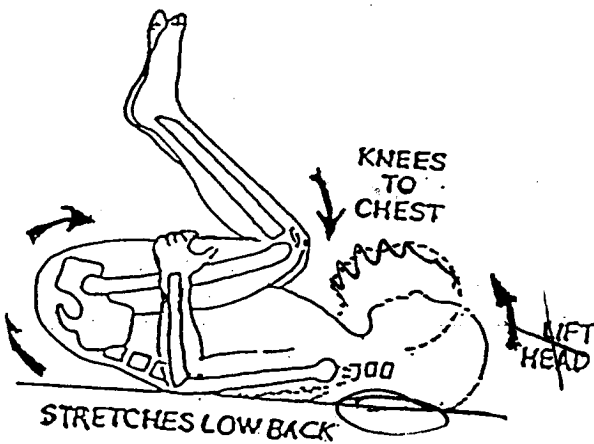
## KNEE TO CHEST # 1

1. Lie on your back, with your knees bent.
2. Flatten your lower back against the ground.
3. Bring the right knee to your chest, clasp hands under the knee and pull gently for a slow count of five. Relax.



## KNEES TO CHEST # 2

1. Bring both knees to the chest.
2. Place the hand under each knee.
3. Pull gently and try to lift your head between your knees.
4. Hold for five seconds.
5. Return to the starting position.
6. Do five repetitions.



## BEDROOM BICYCLING

### A. ISOMETRIC TENSION

Lying on the floor, tense every muscle in your body as hard as you can. Hold for a count of five. Relax. Repeat five times.

- B. Lift your legs and buttocks into the air, supporting your buttocks with your arms. Pedal slowly to a count of twenty-five, if you can make it; less if you can't. As your stamina increases, pedal to a count of fifty or more. Remember: this is a warm up exercise. Gentle movements.

