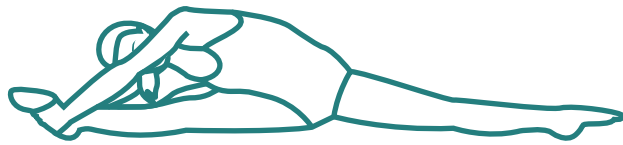


Let's Stretch!

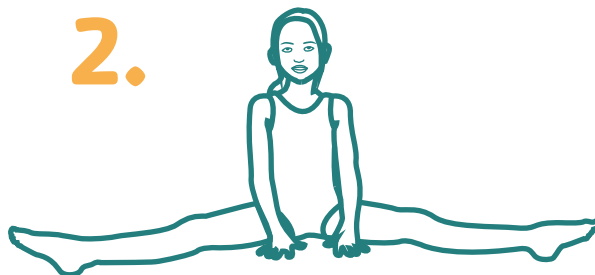


1.



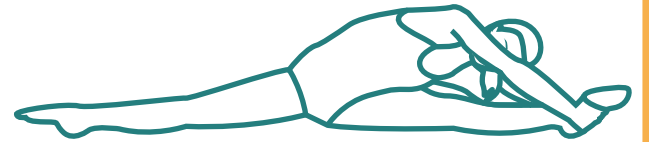
Straddle - reach for the right

2.



Straddle - reach for the middle

3.



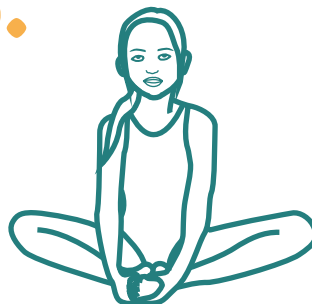
Straddle - reach for the left

4.



Pike - reach for your toes

5.



Butterfly - flap your "wings"

6.



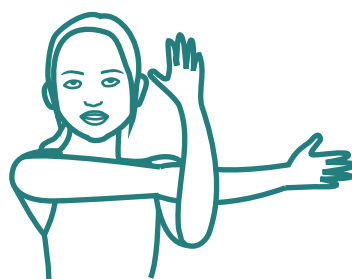
Butterfly - smell your toes

7.



Stretch left arm across

8.



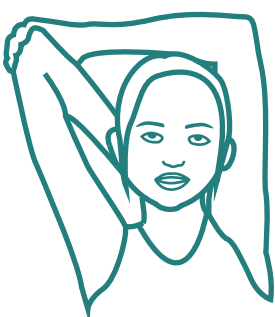
Stretch right arm across

9.



Pull left elbow behind head

10.



Pull right elbow behind head

12.



Stretch wrists - palms down

13.



Stretch wrists - palms up

14.



Make mountains with knees and elbows

15.



Bridge up - head off the ground

16.



Rock and roll