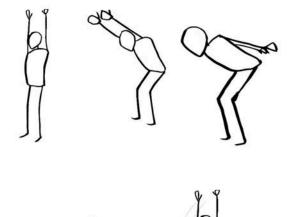


THE FOUNDATION



GENTLE EXERCISE GOOD FOR A WARMUP OR COOL DOWN.

STANDING UP STRAIGHT. TAKING IN A NICE INHALE AND EXHALE.

GENTLY BEND YOUR KNEES AND BRING YOUR ARMS OVER YOUR HEAD (PALMS FACING EACH OTHER THE ENTIRE MOVE).

SLOWLY BEGIN TO LEAN FORWARD FROM YOUR HIPS, KEEPING YOUR BACK STRAIGHT AND YOUR ARMS TO THE SIDE OF YOUR HEAD AS CLOSE TO THE EARS AS POSSIBLE.

SLOWLY LOWERING YOUR HANDS TO YOUR SIDES, LET YOUR SHOULDERS AND BACK ROLL WHILE REACHING YOUR ARMS BEHIND YOU. BEGIN BRINGING THE ARMS BACK TO YOUR HEAD AND STRAIGHTEN YOUR BACK. COME BACK TO A STANDING POSITION. REPEAT 10-15 TIMES.

DO NOT SPEED UP THE EXERCISE. KEEP YOUR PALMS FACING INWARD TOWARD EACH OTHER AND YOUR KNEES SLIGHTLY BENT DURING ALL MOVEMENT PHASES OF THE EXERCISE. DO NOT HOLD YOUR BREATH.

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Exercise is not without risk, and although these exercises are appropriate for the general population, any exercise program may result in injury. In the unlikely event that you experience dizziness, physical discomfort, feel faint, or any chest, neck or back pain, please **STOP** immediately and consult a medical professional. You assume all risks by participating in these exercises.

