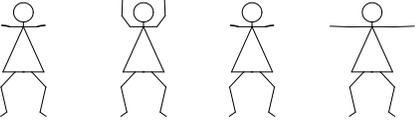
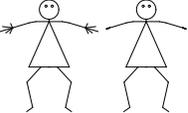
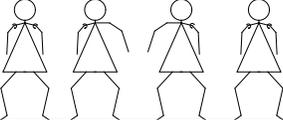
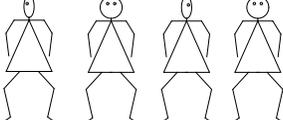
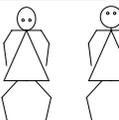
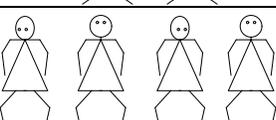
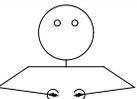
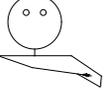
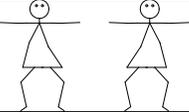
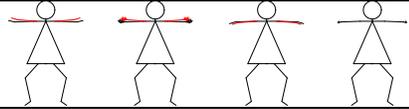
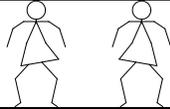
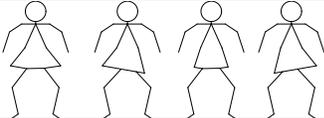
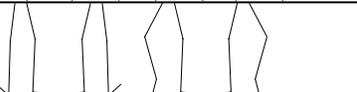
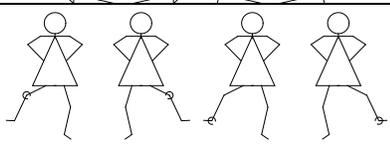
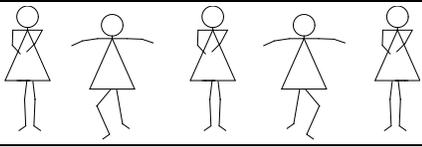
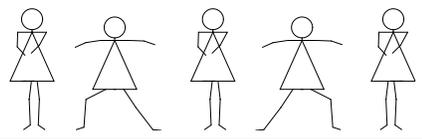
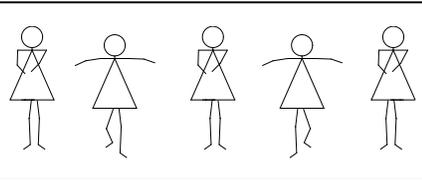
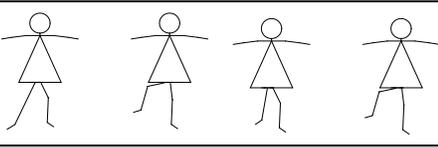
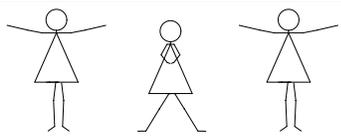
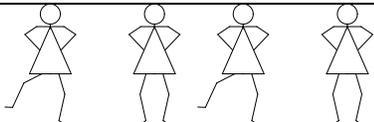
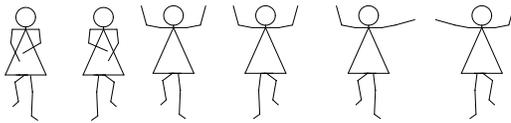
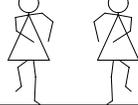
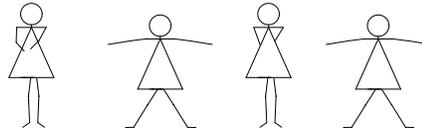
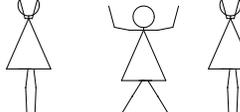
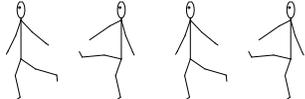
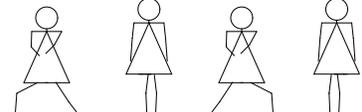
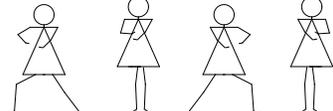
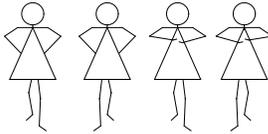
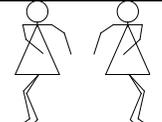
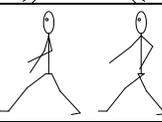
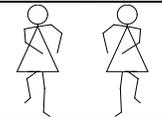
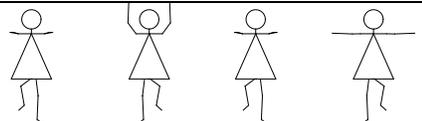
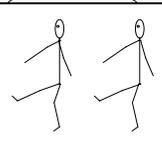
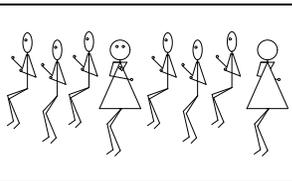
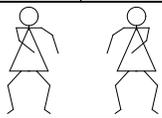
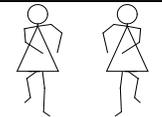
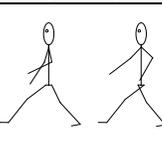
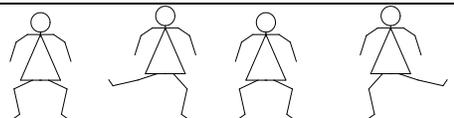
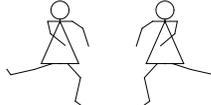
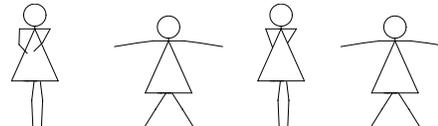
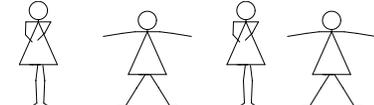
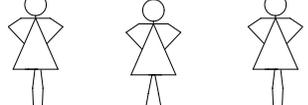
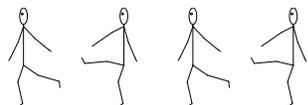
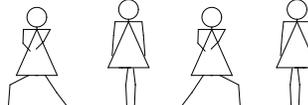
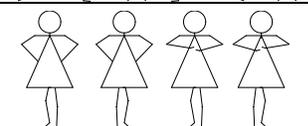
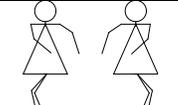
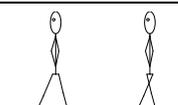


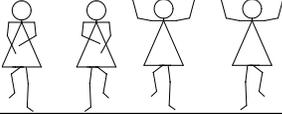
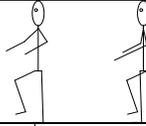
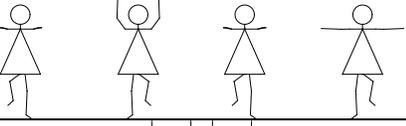
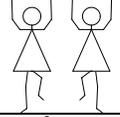
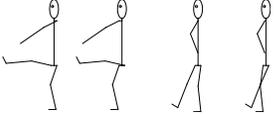
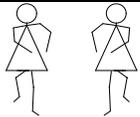
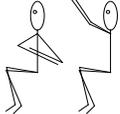
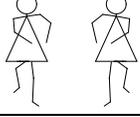
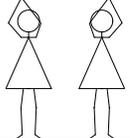
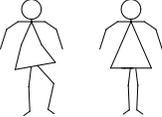
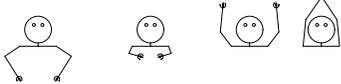
Reach up (alternate hands)	
Tap shoulders / reach up / tap shoulders / reach out (these arm movements will also be repeated while doing the cardio exercises)	
Jazz hands – arms out to the side and open the fingers wide with palms facing forward and then relax the arms and the fingers	
Shoulder rolls backwards - both / one at a time / both	
With shoulder down, look right / center / look left / center	
Chin to chest / center	
Look toward right arm pit / center / look toward left arm pit / center	
Shoulder rolls - backwards only	
Wrist circles – in one direction, then in the other direction	
Rake the water with fingers wide apart and pull the water across the body	
Scoop the water, arms wide, alternating hands front to back	
Arms in front - grab left wrist and pull in to chest / switch sides	
Hold the arms out wide - reach while sliding the rib cage right and then left	
Squat with arms forward, rise up and open the arms and press them back	

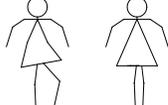
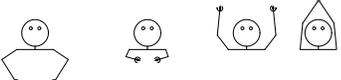
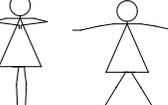
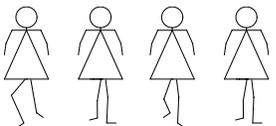
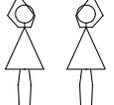
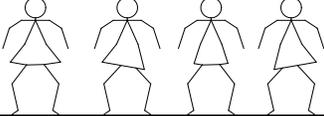
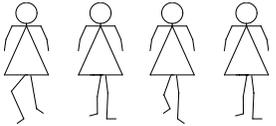
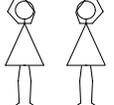
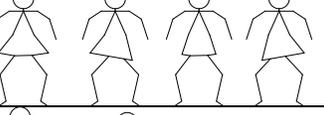
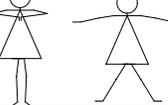
Arms out to sides – palms up and press hands toward the back pulsing to the music / palms front / palms down / snap fingers	
Thumb-finger touches – touch the thumb to each finger.	
Bring arms around to the back, clasp fingers or grab a thumb - lift arms up and lower back down (chest up and lift shoulder blades together).	
Swing hips from side to side – singles (one side and then the other side) / doubles (twice to one side, then twice to the other side)	
Move hips to the front / right side / back / left side / front / left side / back / right side.	
Pick up right toe, then left toe. Pick up right heel, then left heel.	
Hold up right knee - circle knee in one direction, reverse direction, repeat with left knee Hold up right knee - circle ankle in one direction, reverse direction, repeat with left ankle.	
Start standing up, feet together with arms to the front, step (lunge) forward with right foot and open arms wide and bring it back to starting position, left foot forward and open arms wide, and bring it back to starting position.	
Feet together with arms to the front / lunge to the right open arms wide/ return to starting position with arms to the front / lunge to the left open arms wide / return to starting position	
Feet together with arms to the front / lunge to the back with the right foot open arms wide / return to starting position with arms to the front / lunge to the back with the left foot open arms wide / return to starting position with arms to the front.	
Right foot taps wide and then tuck the knee up 8 times / Right foot taps back and then tuck the knee up 8 times / alternate right foot taps wide knee up - right foot taps back knee up 6 times, repeat with left foot.	
Clap with jacks feet – start with feet together and arms out to the side, jump to feet apart and clap the hands in the front, jump to feet together and arms out to the side, repeat.	
Side step to the right then feet together for 4 times and then left for 4 times	

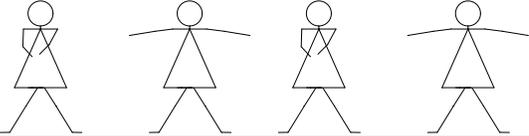
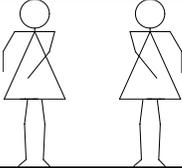
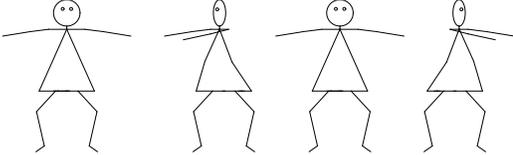
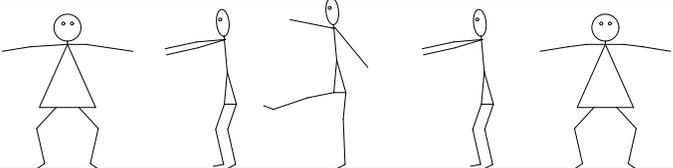
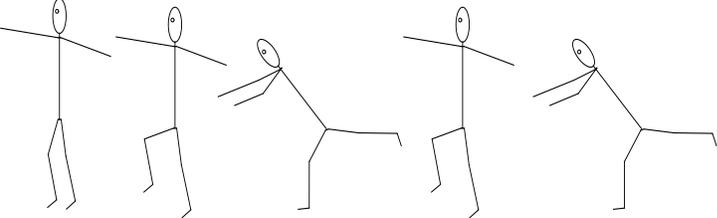
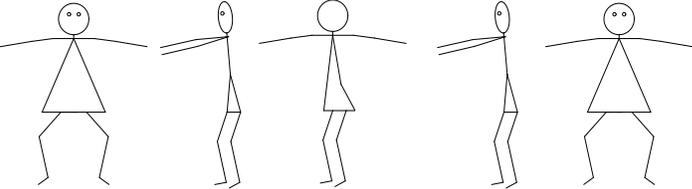
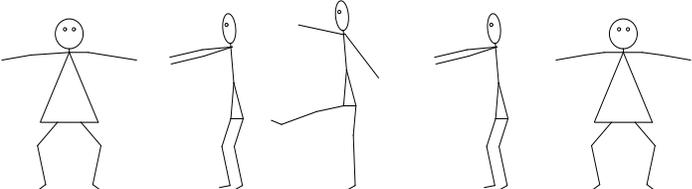
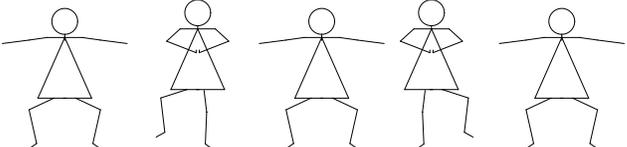
<p>Jog in place, deep breath and slowly let the breath out; jog in place, deep breath reaching up and slowly let the breath out. Keep jogging reaching up with the right arm and then the left.</p>	
<p>Continue jogging while doing tap shoulders-reach up-tap shoulders-reach out.</p>	
<p>Jog in place slowly and push and pull the water with hands.</p>	
<p>CARDIO</p>	
<p>Low in water, push and pull the water with the hands while jogging; lift knees higher and make pushes bigger.</p>	
<p>Ski motion with the legs (extend one leg to the front, then the other leg, as if cross country skiing). Continue ski motion with the legs and with fingers wide push palms to the front as you ski; then do the same with hands formed like a claw.</p>	
<p>Feet apart and squat, side leg lift right leg, squat, side leg lift left leg (keep abs tight).</p>	
<p>Jacks feet with arms to the front when feet are together, arms to the side when feet are apart, then arms to the back the next time feet are together, then arms to the side when feet are apart, repeat.</p>	
<p>Jacks feet with bicep curl arms – bicep curls to the front elbow-to-elbow when feet are together, bring arms out to the side bent at the elbow when the feet are apart.</p>	
<p>Jacks starting with arms pushed out to the front when feet are together, arms to the side when feet are apart.</p>	
<p>Reach back with the right toe then kick to the front trying to reach the toe with the opposite hand, then do the same with left foot.</p>	
<p>Lunge side to side while pushing both arms at the same time to the front when the feet go to the side. Return to starting position between lunges.</p>	
<p>Lunge side to side while scooping with the arms in the water.</p>	
<p>Football feet – small fast running steps in place and growl. Continue with football feet and do uppercuts with the hands - open palms in the water and pull the water up with the hands, alternating the hands.</p>	

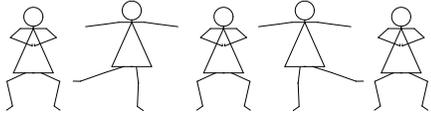
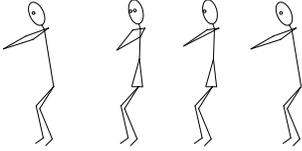
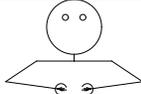
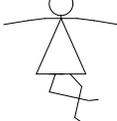
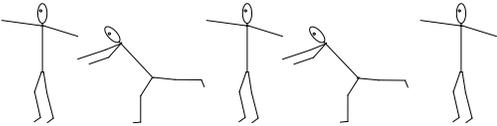
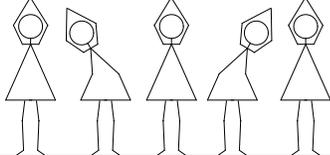
<p>Mogul side to side (jump so both feet are in the same direction, then jump so the feet to are in the other direction), arms go opposite to the legs.</p>	
<p>Ski in place, then ski traveling forward for 4 steps, then backwards for 4 steps.</p>	
<p>Reach heels in front (like doing soccer kicks) – opposite hands should reach the heel.</p>	
<p>Reach heels doing frog jumps (jump so bottom of feet touch).</p>	
<p>Jog in place, then jog while traveling forward for 4 steps, then backward for 4 steps.</p>	
<p>Jog in place while doing tap shoulders-reach up-tap shoulders-reach out.</p>	
<p>Front kicks - kick to the front with the right foot, trying to reach the toes with the left hand, then kick to the front with the left foot trying to reach the toes with the right hand.</p>	
<p>Start with arms close to body and make a fist with the hands - bounce (jump) with both feet, followed by punching across the body to the right while bouncing, bounce with both feet with fists to the front, followed by punching across the body to the left while bouncing.</p>	
<p>Genie jump knee tucks (jump bringing both knees up at the same time to the front), try to reach elbows to knees.</p>	
<p>Feet on the floor and do fast push hands to the front – alternating right and left.</p>	
<p>Jog in place pushing hands to the front, alternating hands.</p>	
<p>Ski feet, pushing hands to the front, alternating hands; continue ski feet alternating hands with fingers wide apart, then continue ski feet alternating hands with fingers forming a claw.</p>	
<p>Feet apart and squat, side leg lift right leg, squat, side leg lift left leg.</p>	

<p>Tick-tock - swing side to side raising left leg then right leg, swing arms opposite to raised leg.</p>	
<p>Jacks feet with arms to the front when feet are together, arms to the side when feet are apart, then arms to the back the next time feet are together, then arms to the side when feet are apart, repeat.</p>	
<p>Jacks with bicep curl arms – bicep curls to the front elbow-to-elbow when feet are together, bring arms out to the side bent at the elbow when the feet are apart.</p>	
<p>Jacks starting with arms pushed out to the front when feet are together, arms to the side when feet are apart.</p>	
<p>Tempo jacks –small, fast, jacks feet - to the music (tempo), hands on hips.</p>	
<p>Reach back with the right toe then kick to the front trying to reach the toe with the opposite hand, then do the same with left foot.</p>	
<p>Lunge side to side while pushing both arms at the same time to the front</p>	
<p>Lunge side to side while scooping with the arms in the water.</p>	
<p>Football feet – small fast running steps in place. Continue with football feet and do uppercuts with the hands - open palms in the water and pull the water up with the hands, alternating the hands.</p>	
<p>Mogul side to side (jump so both feet are in the same direction, then jump so the feet to are in the other direction) arms go opposite to the legs.</p>	
<p>Ski in place, then ski traveling forward for 4 steps, then backwards for 4 steps.</p>	
<p>Hands on hips-tempo ski in place (small, fast, ski steps to the music).</p>	
<p>Reach heels in front (like doing soccer kicks) – opposite hands should reach the heel; followed by reaching the heels doing frog jumps (jump so bottom of feet touch), repeat.</p>	

Jog in place with high knees, then jog while traveling forward for 4 steps, then backward for 4 steps, then jog in place with high knees, raising hands to the front.	
Jog in place with high knees while pushing the water with the hands.	
Jog in place while doing tap shoulders-reach up-tap shoulders-reach out.	
Jog in place with hands held up high.	
Front kicks right then left, reaching toes with opposite hand, followed by hands on the hips tempo kicks (small kicks to the beat of the music), repeat.	
Gently jog in place.	
Start with arms close to body and make a fist with the hands - bounce (jump) with both feet, followed by punching across the body to the right while bouncing, bounce with both feet with fists to the front, followed by punching across the body to the left while bouncing.	
Genie jumps knee tucks (jump bringing both knees up at the same time to the front), try to reach elbows to knees. Continue with the genie jump with arms in the air.	
Jog in place, and slow down the jog with wide rebounding knees, and stop.	
BELLY DANCE	
Hands up and clap twice to the right and twice to the left.	
Hip push to the right – travel right 8 steps (move hip once to the right as you take a step, then close the feet).	
Move hips with hands up – twice to the right and twice to the left (hint: keeping the knees bent allows for easier hip movement).	
Do 3 sets of wrist circles while moving the arms up, clap.	

<p>With the palms of the hands together, do 4 sets of wrist bends as the arms are moving down.</p>		
<p>Hip push to the left – travel left 8 steps (move hip once to the left as you take a step, then close the feet).</p>		
<p>Move hips with hands up – twice to the right and twice to the left (hint: keeping the knees bent allows for easier hip movement).</p>		
<p>Do 3 sets of wrist circles while moving the arms up, clap.</p>		
<p>With the palms of the hands together, do 4 sets of wrist bends as the arms are moving down.</p>		
<p>Jacks feet – back of palms together with elbows up and to the side when feet are together, open up the arms with palms up when feet are apart.</p>		
<p>Mambo in place with right foot – right foot taps forward, weight on left foot, right foot taps back, weight on left foot, repeat; then continue with the mambo step while traveling to the right.</p>		
<p>Raise the arms and pretend you are shaking maracas, twice to the right and twice to the left.</p>		
<p>Do figure eights with the hips.</p>		
<p>Mambo in place with left foot – left foot taps forward, weight on right foot, left foot taps back, weight on right foot, repeat; then continue with the mambo step while traveling to the left.</p>		
<p>Raise the arms and pretend you are shaking maracas, twice to the right and twice to the left.</p>		
<p>Do figure eights with the hips.</p>		
<p>Jacks feet – back of palms together with elbows up and to the side when feet are together, open up the arms with palms up when feet are apart.</p>		
<p>Raise arms up and circle down the hands to the sides.</p>		

TAI CHI	
Deeply inhale and exhale, 2 times. Feet out wide to the sides, inhale and bring arms together to the front, exhale and open up the arms squeezing the shoulder blades as the arms go back.	
Hands in the water, inhale and push slowly to the front with one hand and pull with the other, exhale and reverse hands.	
Arms out to the sides, inhale and reach across with the left hand to the right hand, exhale and open the arms to the front, repeat to the other side.	
Legs wide apart and squat - reach to the right and lift left leg, squat back to center, then reach to the left and lift right leg, squat back to center.	
Bring both feet together and put the right foot forward and the left foot back. Inhale and lift and bend the forward knee, exhale reach forward, step down with the forward foot and extend the back leg straight behind you. Inhale and put the back leg down and raise the forward knee and open the arms, and exhale reach forward, step down with the forward foot and bring the back leg straight behind you. Reverse legs.	
OPEN AND CLOSE SERIES	
Hands out to the sides, inhale and reach across with the left hand to the right hand, exhale and open the right hand toward the back, inhale and move right hand back to left hand, exhale and open so both arms face the center, repeat to the other side.	
Hands out to the sides, inhale and reach across with the left hand to the right hand, exhale and open both arms as you lift the right leg standing very tall and squeezing shoulder blades together, inhale and drop the leg and close the arms, exhale and open so both arms face the center, repeat to the other side.	
BALANCE SERIES	
Feet wide apart. Inhale, squat with arms wide and open to the center, exhale pull up to prayer hands and lift and tuck right knee, inhale squat arms wide and open to the center, exhale pull up to prayer hands and lift and tuck left knee.	

<p>Feet together, prayer hands, inhale squat center, exhale as you pull up, open the arms and raise the right leg extending it to the side, inhale bend right knee and place it down to squat center with prayer hands, exhale as you pull up, open the arms and raise the left leg extending it to the side, inhale bend left knee and place it down to squat center.</p>	
<p>Clasp finger together and reach arms out to the front, bend the knees and round the back, inhale and pull the arms all the way to the right and hold, and slowly bring them to the left and hold, and back to center. Repeat with the palms turned away from the body and fingers clasped.</p>	
<p>Wrist circles slowly in one direction and then in the other direction.</p>	
<p>Figure 4 stretch – cross one ankle in front of the other knee and sit back and stretch, release and bring legs to center, switch legs.</p>	
<p>Arms wide, feet together, lean forward and reach right leg back with the arms reaching forward, return to center with arms wide and feet together, lean forward and reach left leg back with the arms reaching forward, return to center with arms wide and feet together.</p>	
<p>Reach above the head clasping the fingers together, pull it to the right – ahhh, arms back to center, pull it to the left – ahhh, arms back to center.</p>	
<p>GIVE YOURSELF A HUG AND A PAT ON THE BACK.</p>	