

Before and After

# Cycling

Approximately 10 Minutes



5 times  
each direction  
(page 89)



10 times  
each direction  
(page 31)



30 seconds  
(page 24)



3 times  
5 seconds each  
(page 25)



30 seconds  
each side  
(page 24)



30 seconds  
(page 56)



15 seconds  
each side  
(page 59)



20 seconds  
(page 33)



5 seconds  
(page 35)



20 seconds  
(page 33)



30 seconds  
(page 36)

**12**

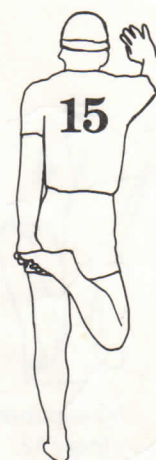
Repeat  
8, 9, 10, 11  
other leg



20 seconds  
(page 65)



30 seconds  
(page 52)



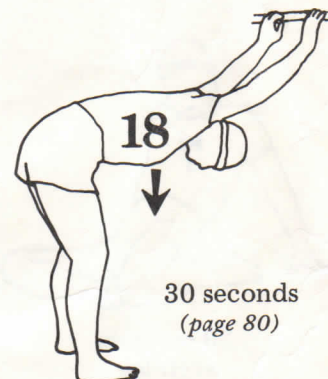
15 seconds  
each leg  
(page 74)



25 seconds  
each leg  
(page 73)



30 seconds  
each leg  
(page 71)



30 seconds  
(page 80)