



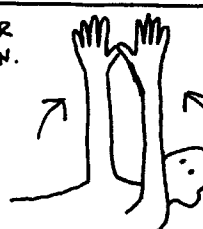
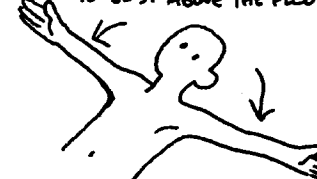




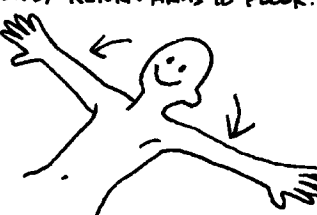
DR. ROLF'S ARM EXTENSIONS, CONT'D.

REPEAT THE SEQUENCE BACKWARDS, ONLY THIS TIME YOU'LL ROTATE FROM THE ELBOW INSTEAD OF FROM THE SHOULDER.

5	a PINKY FINGERS UP. 	b RAISE YOUR ARMS UP AGAIN. 	c SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR. 
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6	a ROTATE SO YOUR PALM IS UP, BUT LEAVE YOUR SHOULDER WHERE IT IS, & ROTATE FROM THE ELBOW. 	b RAISE YOUR ARMS UP AGAIN. 	c SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR. 
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7	a ROTATE FROM THE ELBOW SO YOUR THUMBS ARE TO THE CEILING. 	b RAISE YOUR ARMS UP AGAIN. 	c SLOWLY RETURN YOUR ARMS DOWN TO JUST ABOVE THE FLOOR. 
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8	a ROTATE FROM THE ELBOW SO YOUR PALMS ARE DOWN. 	b RAISE YOUR ARMS UP AGAIN. 	c SLOWLY RETURN ARMS TO FLOOR. 
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FOCUS ON KEEPING YOUR SHOULDER BLADES STILL!

BREATHE!