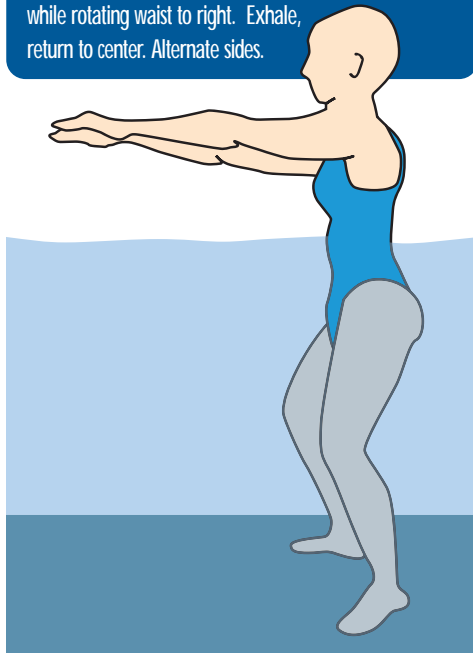
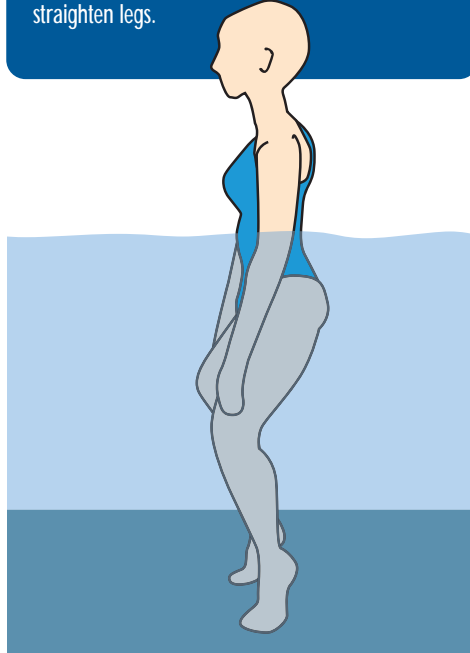


WASHING MACHINE: Stand chest-deep; legs double-hip width apart; knees slightly bent, pointing over second toe; abdominal muscles engaged; arms in front, palms downward. Inhale and lift ribs of hips (yoga pose), while rotating waist to right. Exhale, return to center. Alternate sides.



FROG 1: Knees are bent, but legs are wider than hip width, toes pointed outward. Rise up on tip-toes with knees still bent, and then once on toes; use inner thighs to straighten legs.



ILLUSTRATIONS BY NICK ORABOVIC