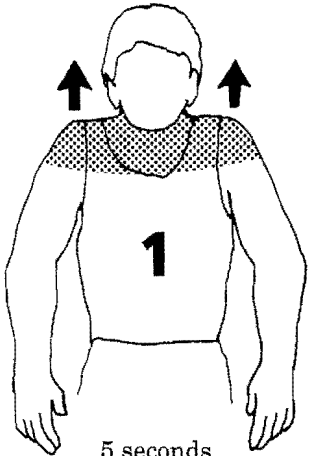


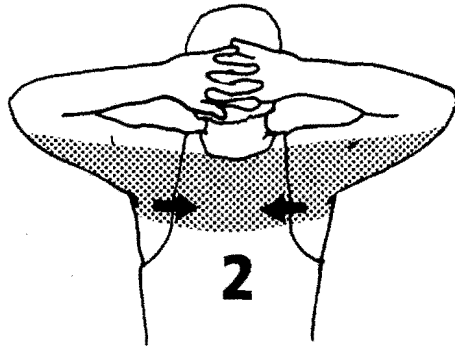
Before and After Basketball

Approximately 7 Minutes

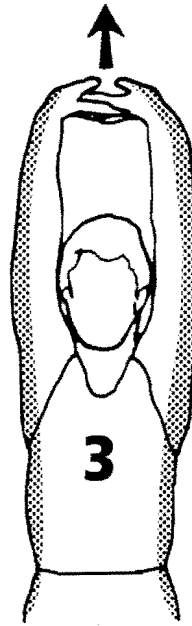
Warm up by jogging for 3-5 minutes before stretching.



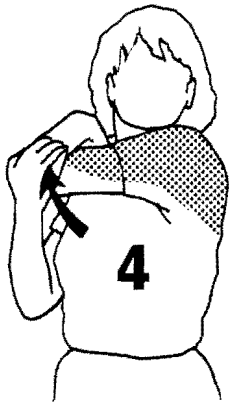
5 seconds
3 times
(page 46)



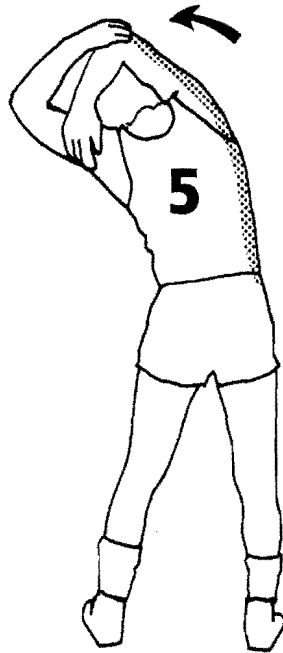
5 seconds
2 times
(page 28)



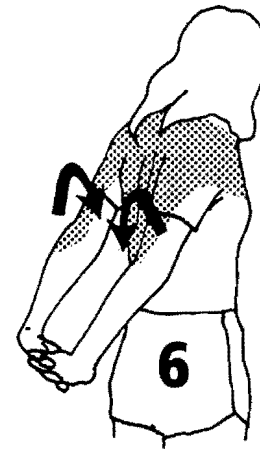
15 seconds
(page 46)



15 seconds
each arm
(page 43)



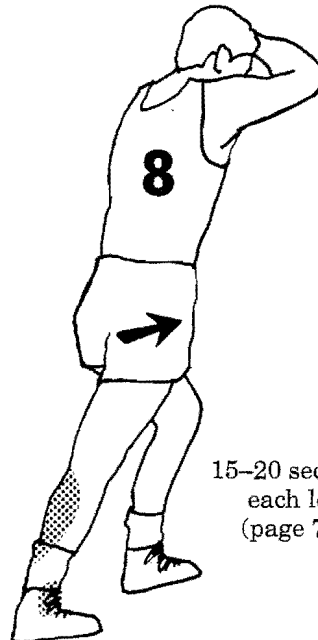
8-10 seconds
each side
(page 44)



10 seconds
2 times
(page 47)

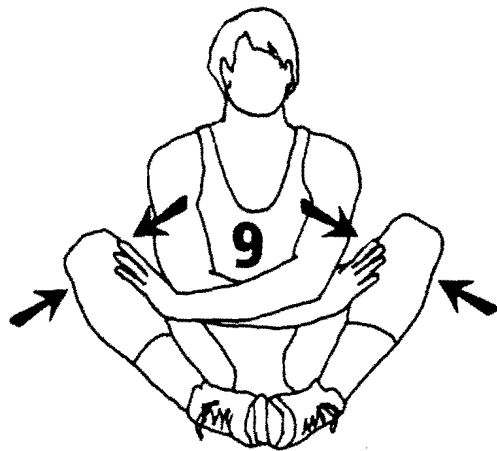


30 seconds
(page 55)

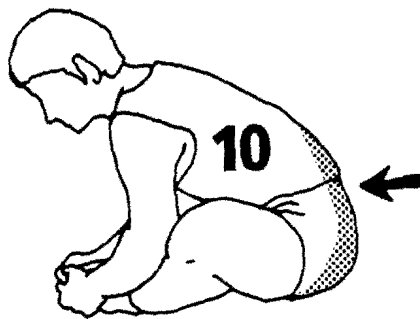


15-20 seconds
each leg
(page 71)

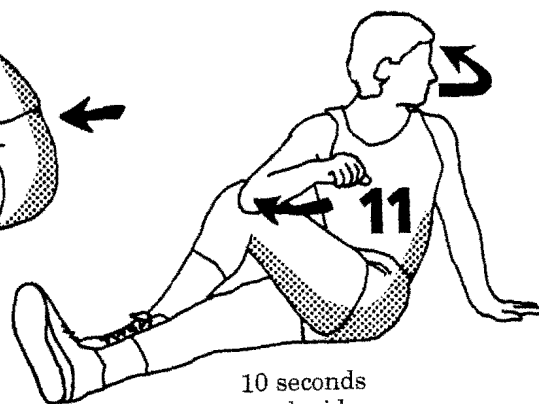




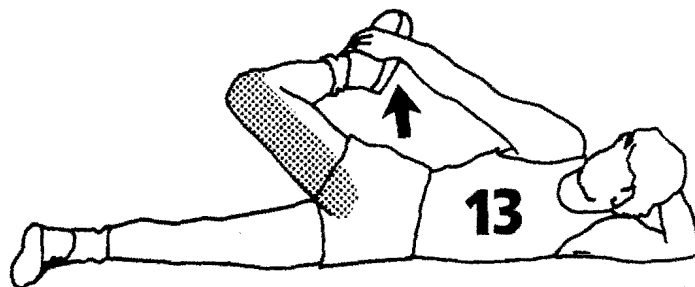
5-8 seconds
(page 59)



20 seconds
(page 58)



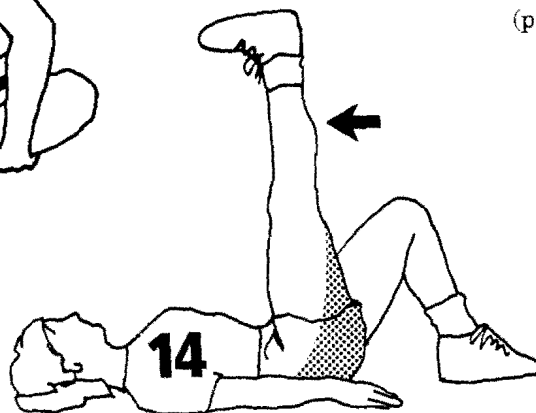
10 seconds
each side
(page 60)



10 seconds
each leg
(page 36)

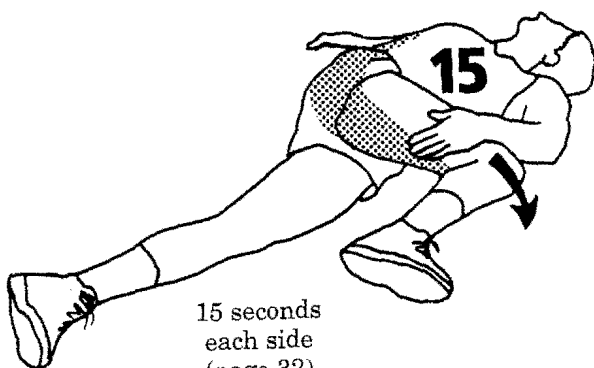


10 seconds
each leg
(page 39)

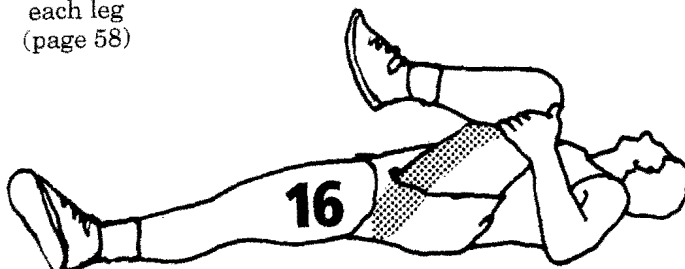


10-15 seconds
each leg
(page 58)

Short on time?
Do this mini-routine:
1, 3, 5, 6, 7, 8, 9, 10
Approx. 3 minutes



15 seconds
each side
(page 32)



20 seconds
each leg
(page 63)