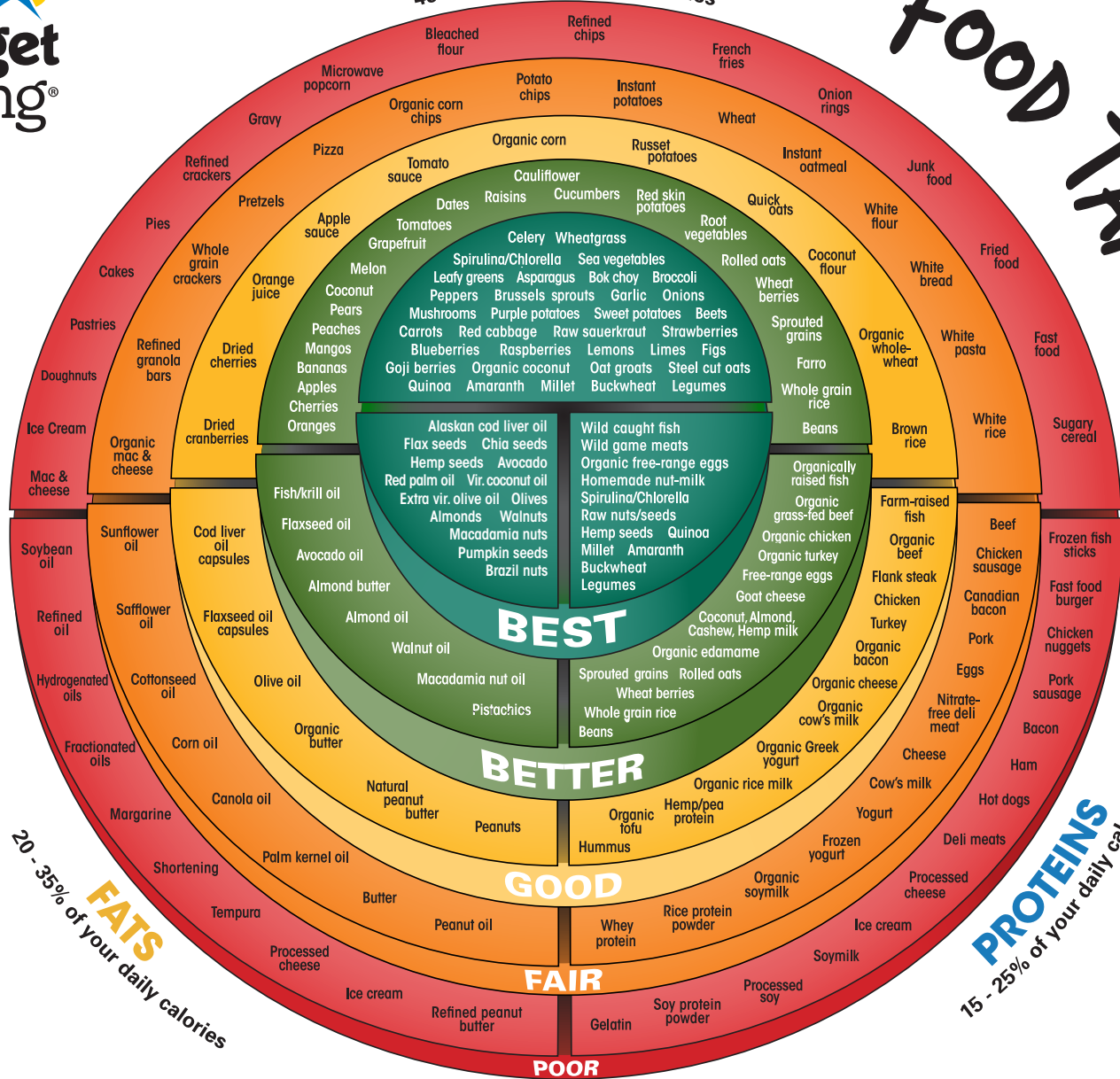


CARBOHYDRATES

45 - 65% of your daily calories

Food TARGET



- BEST
- BETTER
- GOOD
- FAIR
- POOR

BEVERAGES

MINI-Food TARGET



DYNAMIC WARM-UP



1. Arm Swing



2. Neck Stretch
(rotation)



3. Neck Stretch
(side to side)



4. Side Bend



5. Trunk Twist



6. Front Leg Swing



7. Side Leg Swing

FOUNDATION EXERCISES



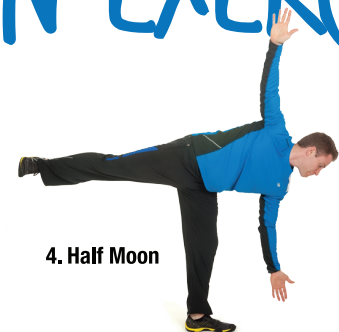
1. Squat



2. Straight-leg
Lunge



3. Warrior 3



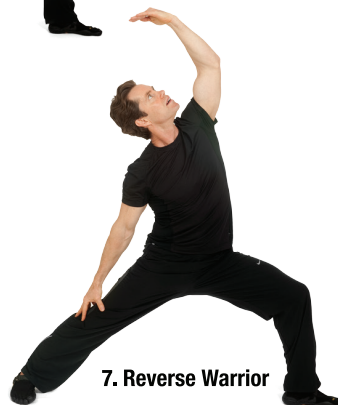
4. Half Moon



5. Warrior 1



6. Warrior 2



7. Reverse Warrior



8. Extended Angle



9. Spread Eagle



10. Dancer



11. Standing
Downward Dog



12. Standing
Upward Dog