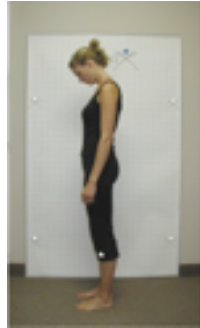




ROM #1



ROM #2



ROM #3



ROM #4



ROM #5



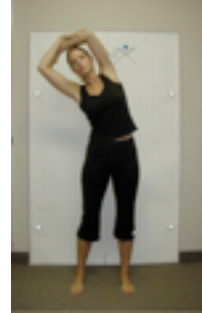
ROM #6



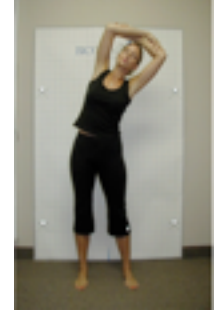
ROM #7



ROM #8



ROM #9



ROM #10



ROM #11



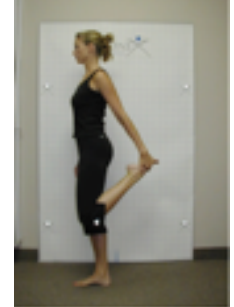
ROM #12



ROM #13



ROM #14



ROM #15



ROM #16



ROM #17



ROM #18



ROM #19



ROM #20

## RANGE OF MOTION

Your body replaces itself every three months, therefore it is essential for us to keep moving. Without movement, we cease to exist. Range of Motion when done once a day in the midst of your busy schedule takes 1 ½ -2 minutes max. These are movements, NOT stretches. If done once a day every day...you will still be able to do these movements when you are 92 years old!!!

