

UP AND DOWN LIKE THE MOON & SUN

Build Strength - Massage your Internal Organs - Support the Spine

FROM A CHAIR



Beginner
Up to 15 reps

Intermediate
Up to 30 reps

Advanced
Up to 50 reps



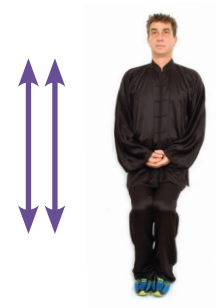
SLIDING



Beginner
Up to 15 reps

Intermediate
Up to 30 reps

Advanced
Up to 50 reps



STATIONARY



Beginner
Up to a minute

Intermediate
Up to 3 minutes

Advanced
Up to 5 minutes



Practice Legs Apart and Legs Together