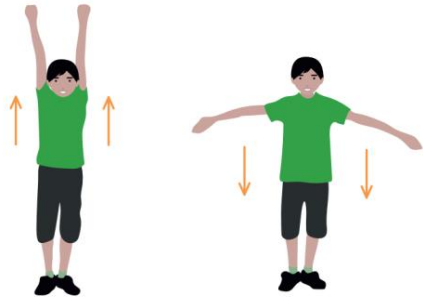
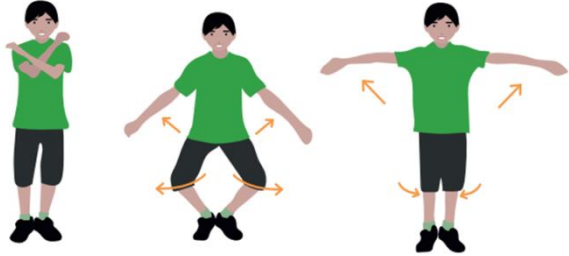
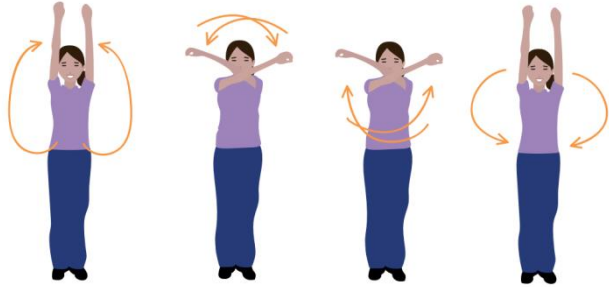
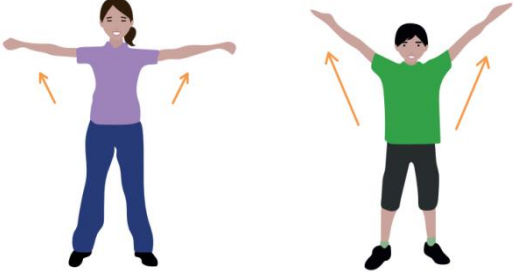

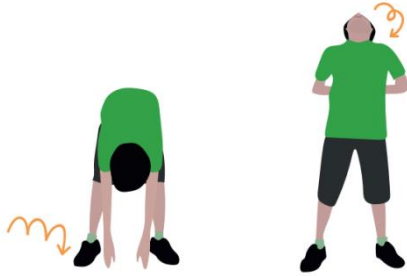
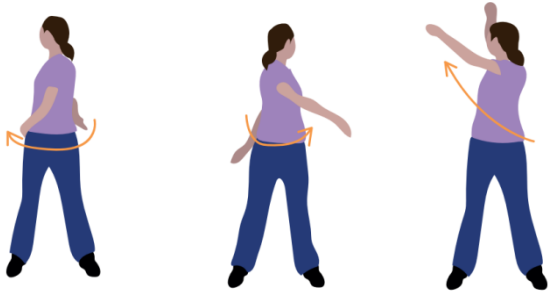
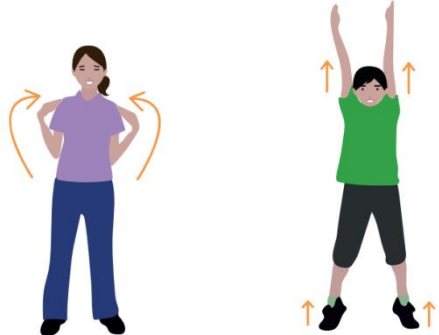
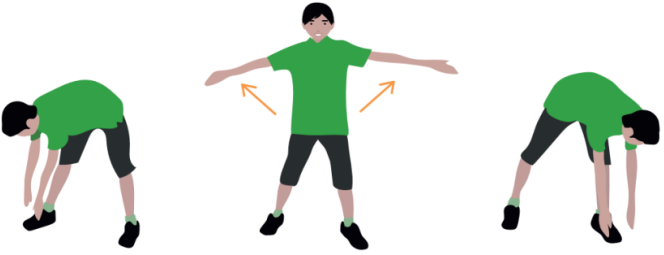
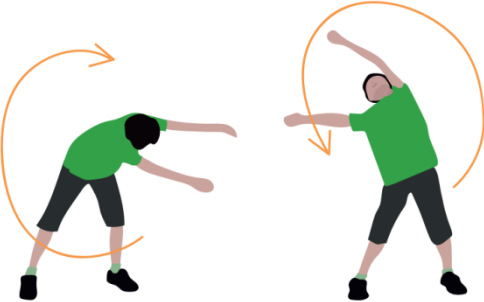
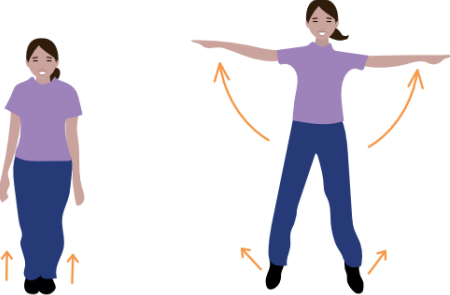
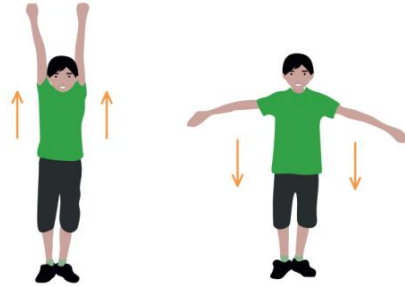


Radio Taiso Movements

	<p>1. Stretch Up High Raise arms up in front of the body. Lower arms to the sides.</p> <p>x 2</p>		<p>2. Arms and Legs Squat whilst swinging arms out to the sides.</p> <p>x 8</p>
	<p>3. Arm Circles Swing arms in full circles. Swing one way, then the other.</p> <p>x 4</p>		<p>4. Chest Stretches Feet apart. Swing arms out to shoulder level. Then cross arms and swing out again, above the shoulders.</p> <p>x 4</p>
	<p>5. Side Stretches Stretch to one side twice. Repeat on the other side.</p> <p>x 2</p>		<p>6. Forward and Backward Bends Bend forward and bounce lightly three times. Then bend backwards slightly.</p> <p>x 2</p>

 <p>7. Body Twists</p> <p>Twist four times from side to side, then two big twists on the right.</p> <p>Repeat (on the left side)</p>	 <p>8. Arm Stretches</p> <p>Feet apart with hands on shoulders. Reach up on tiptoe. Return arms to shoulders, then lower arms.</p> <p>x4</p>
 <p>9. Forward Bends</p> <p>Bend down to one side. Stand up and open the arms out. Repeat on the other side.</p> <p>x 2</p>	 <p>10. Circle the Body</p> <p>Rotate your body and swing your arms in a large circle. Repeat on the opposite side.</p> <p>x2</p>
 <p>11. Jumps</p> <p>Jump four times with legs together, then do two star jumps.</p> <p>x2</p> <p>Now repeat Move 2</p>	 <p>12. Deep Breaths</p> <p>Raise arms and breathe in. Lower arms and breathe out.</p> <p>x 2</p>