



10–20 seconds
each leg
(page 53)



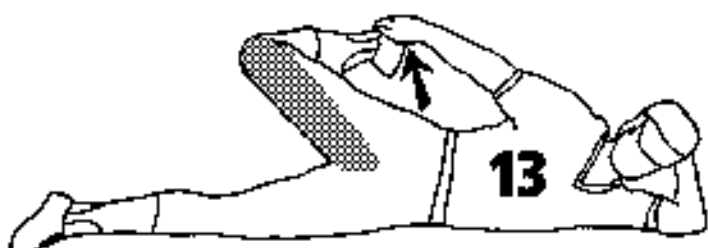
10–20 seconds
(page 65)



15–30 seconds
(page 58)



8–10 seconds
each side
(page 60)



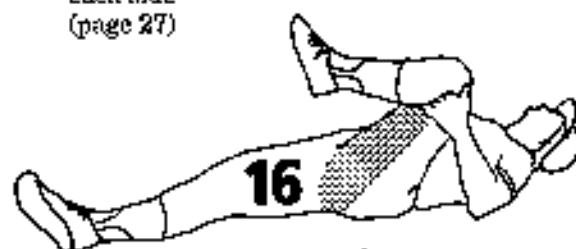
8–10 seconds
each leg
(page 36)



10–16 seconds
each side
(page 27)



10–20 seconds
each leg
(page 58)



10–15 seconds
each leg
(page 31)

Short on time?
Do this mini-routine:
1, 3, 5, 9, 11, 12, 14, 16
Approx. 4 minutes