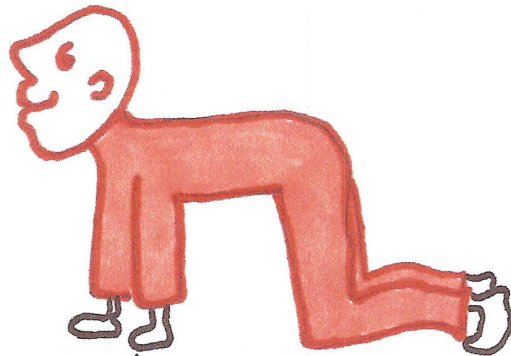


GIRAFFE STRETCHES

1. Start in "Cube Position".



Do not lift feet.



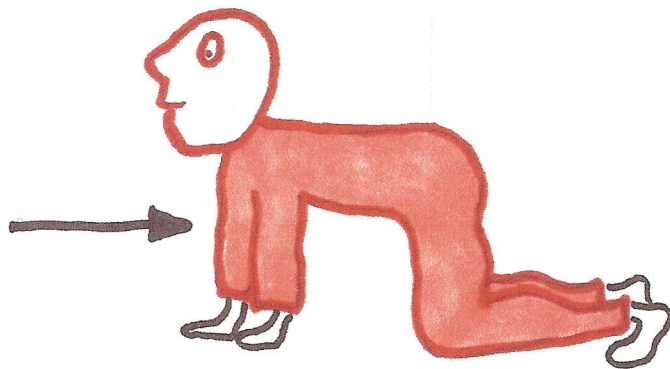
2. Rock Forward



Do not lift ankles.



3. Return to "Cube" Position"



Keep hands flat and fingers forward.

