

BEFORE & AFTER **GARDENING**

APPROXIMATELY 4 MINUTES

Before you do any work in the garden, do a few minutes of easy stretching. This will help get your body ready to work efficiently without the usual tightness and stiffness that results from this kind of work. Stretch to reduce muscle tension and make work easier.



10–15 seconds
(page 55)



10–15 seconds
each leg
(page 71)



10 seconds
each leg
(page 75)



10–15 seconds
(page 54)



3–5 seconds
2 times
(page 46)



10–15 seconds
(page 46)



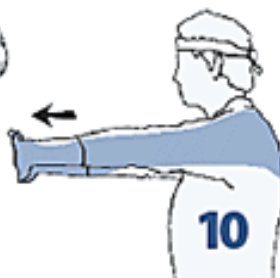
10 seconds
(page 66)



10 seconds
each arm
(page 44)



8–10 seconds
each side
(page 44)



5–10 seconds
(page 45)



8–10 seconds
each side
(page 81)



8–10 seconds
2 times
(page 46)