

# FIT FOR FIFTY

## Before Sport Routine

### Chest Expansion

Perform twice. Hold each backward bends for 5 and the forward bends for 10



### Twist

Perform 3 times on left side, then 3 times on right side. Hold each twist for a count of 10.



### Alternate Leg Stretch

Perform twice with left leg, then twice with right. Hold each stretch for a count of 20.



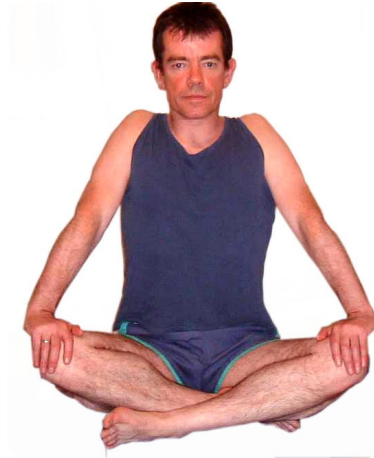
### Bow

Perform twice. Hold each raise for a count of 10.



## Complete Breath Seated

Perform 5 times. Retain each breath for a count of 5.



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