

# FIT FOR FIFTY

## Complete Fitness Program - PM Routine

### Rishi's Posture

Perform twice on each side, alternating from left to right. Hold each stretch for a count of 10.



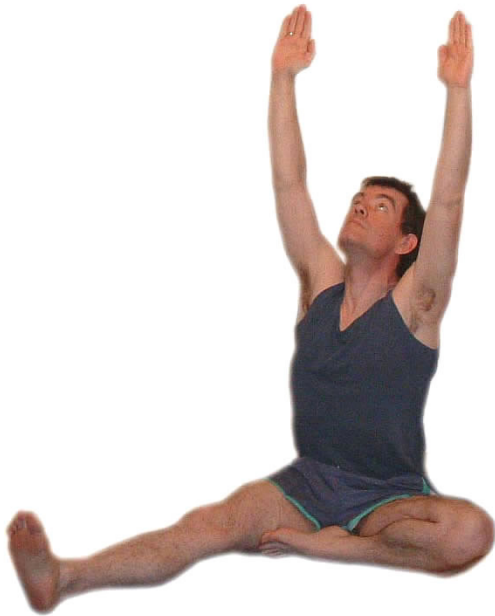
### Balance Posture

Perform 3 times on each side, alternating sides. Hold each stretch for a count of 5.



## Alternate Leg Stretch

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



## Shoulder Stand

Perform Once. Hold for 3 - 5 minutes



## Cobra

Perform 3 times. Hold each raise for a count of 15.



## Neck Movements

Perform the 2nd movement to the left then right. Perform each of the movements twice. Hold each position for a count of 10.



## Bow

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



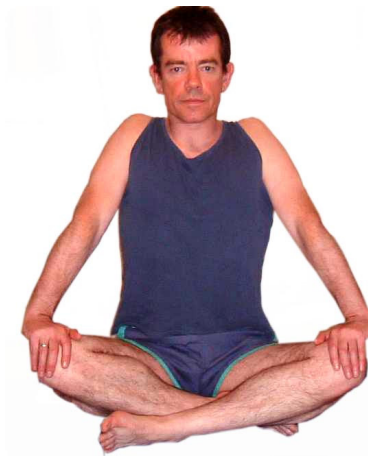
## Continuous Motion

Begin with Rishi's Posture and perform each of the stretches in consecutive order, once. There is no holding of the extreme positions and no pause between stretches.



## Complete Breath Seated

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



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