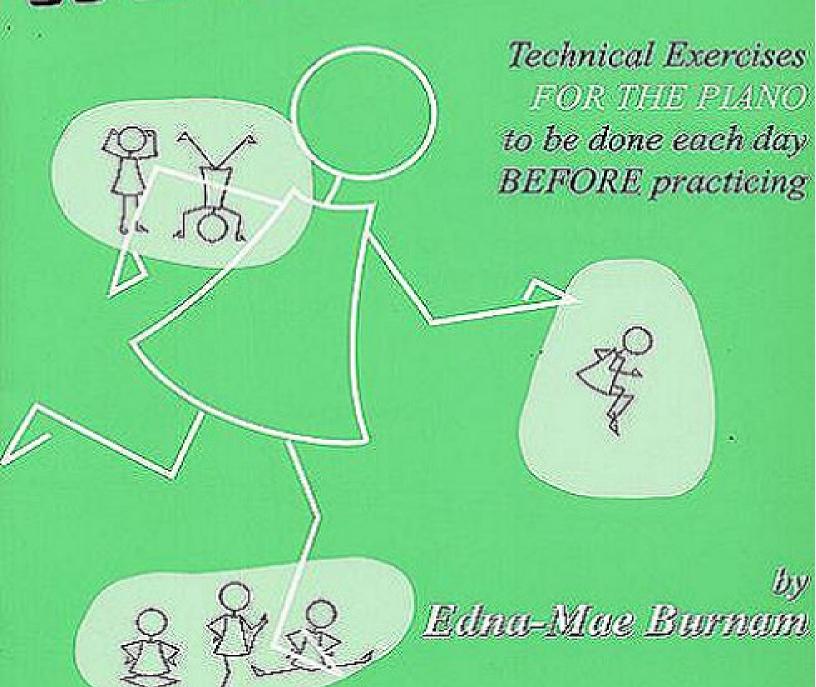
BOOK ONE

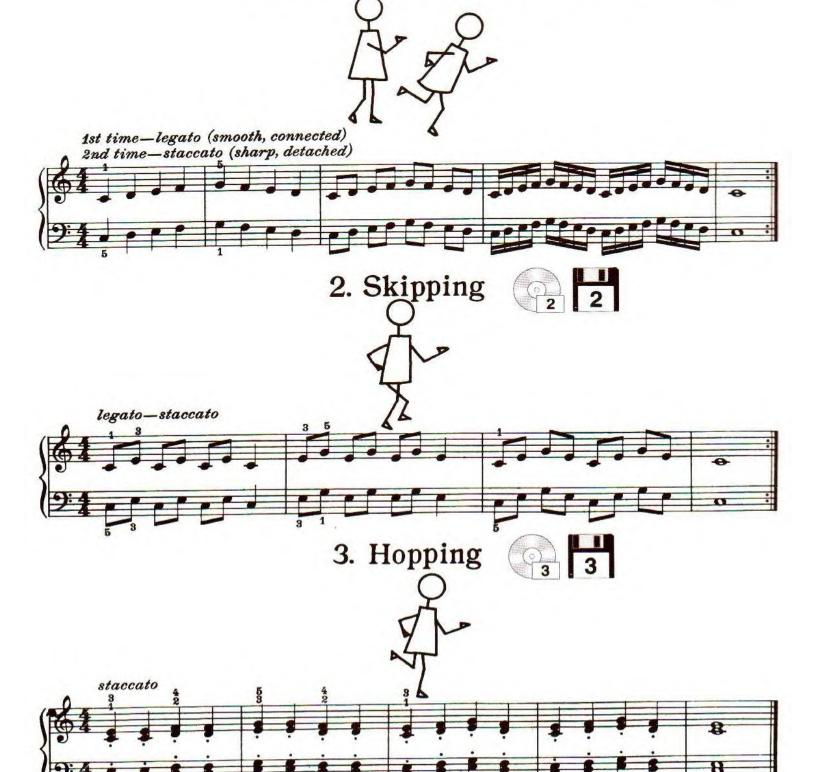
ADOZINI ADAY

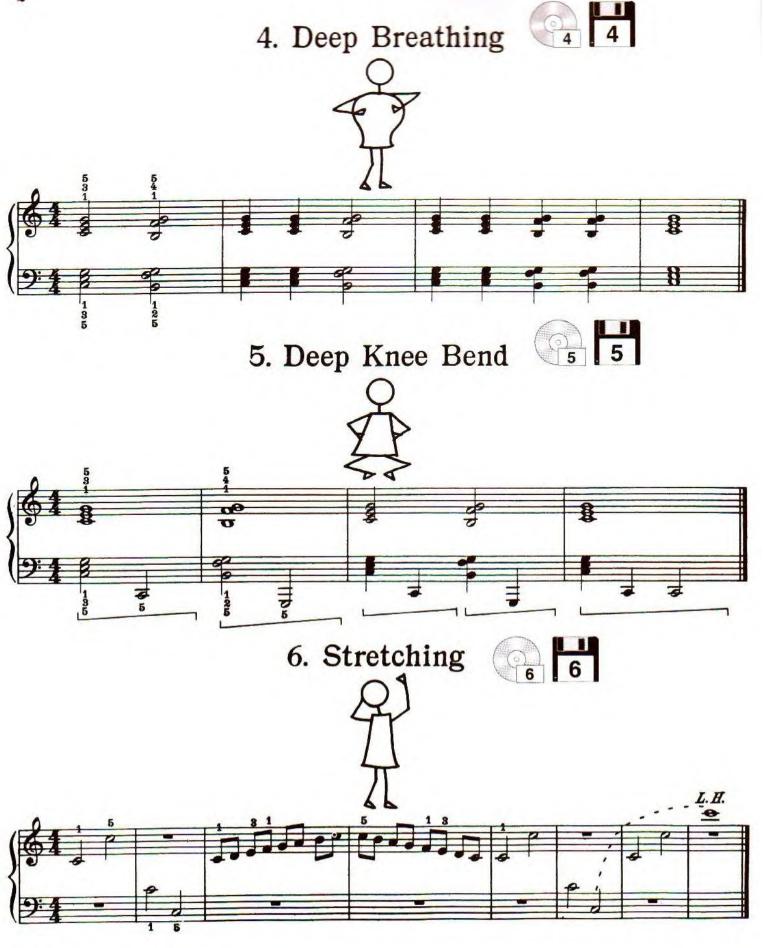


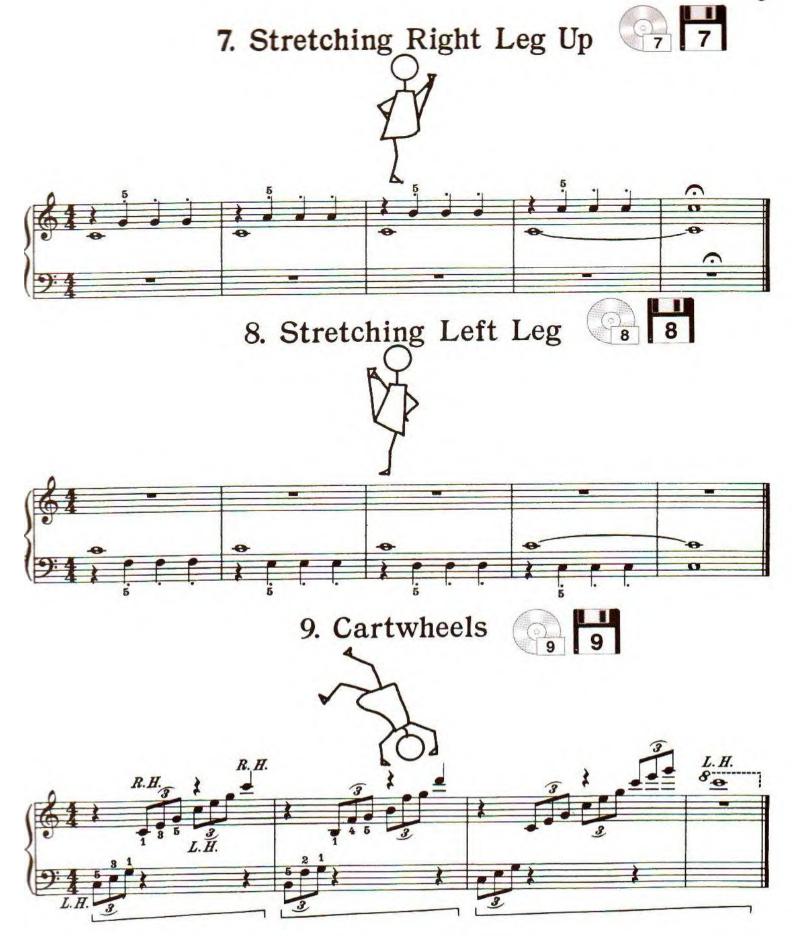
Group I

1. Walking and Running

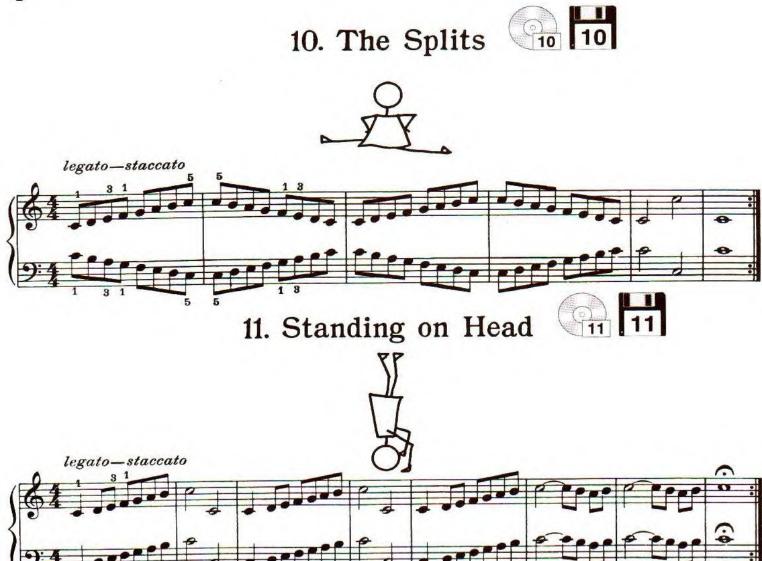






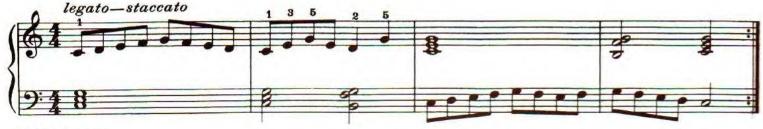




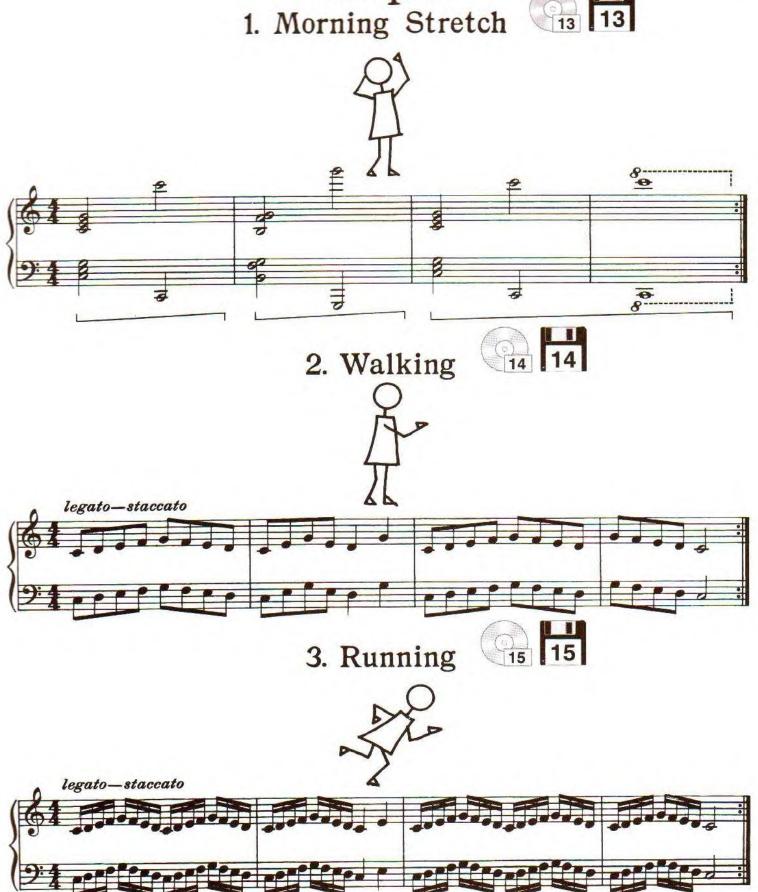


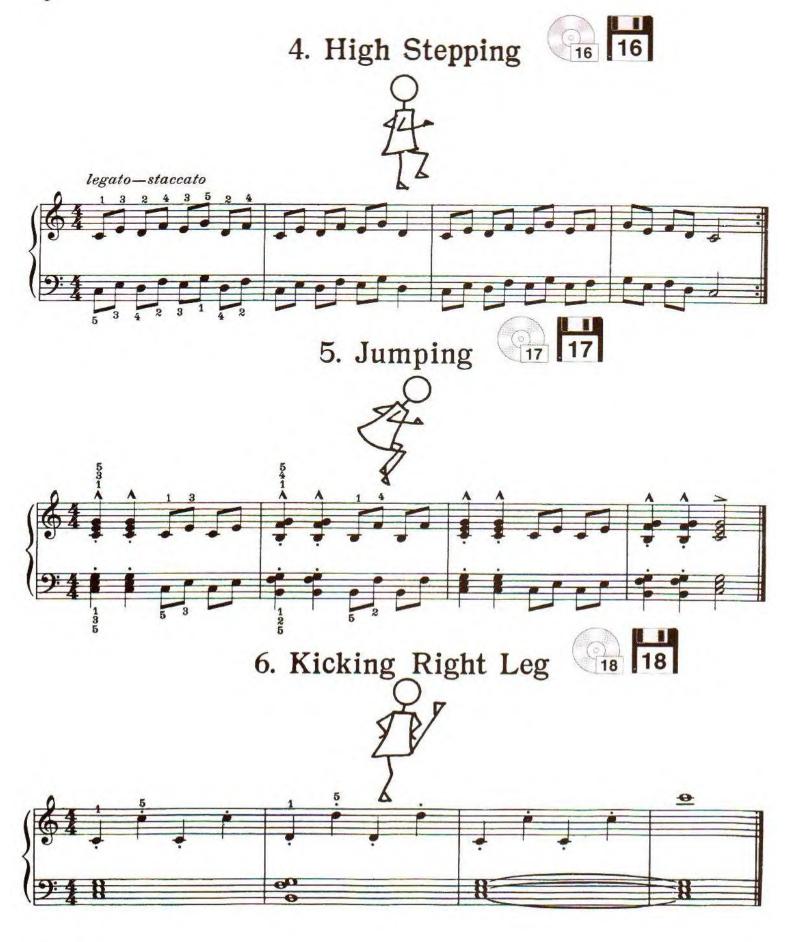
12. Fit as a Fiddle and Ready To Go

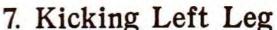




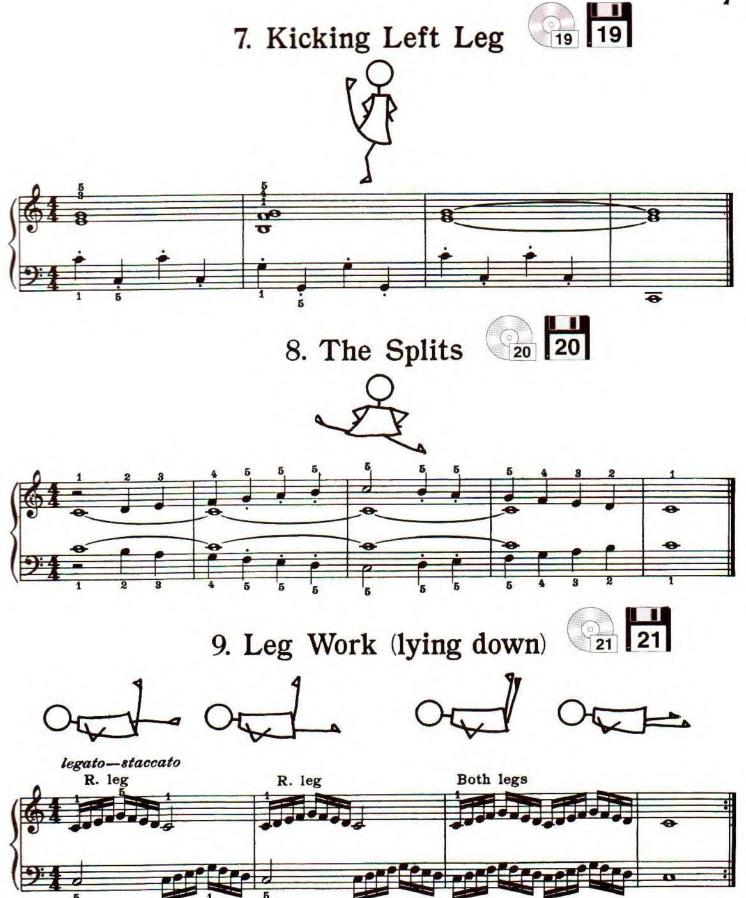
Group II



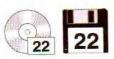


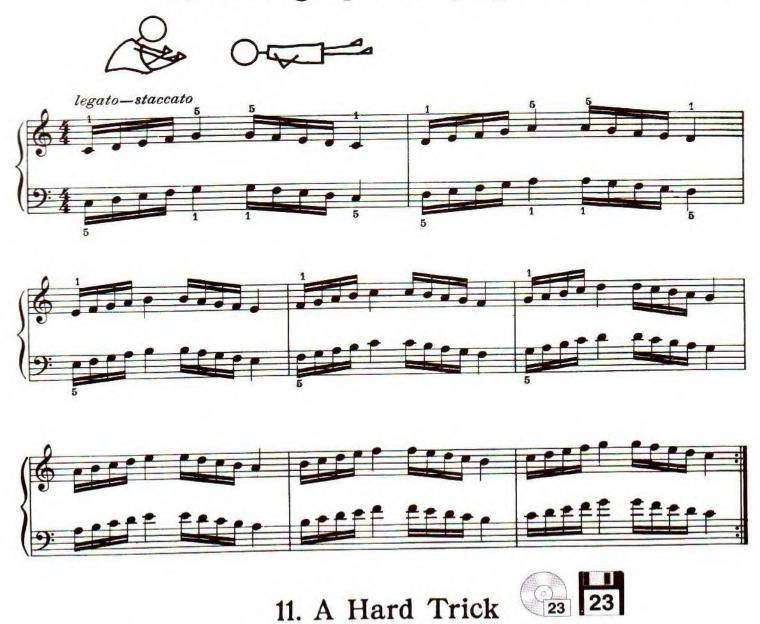




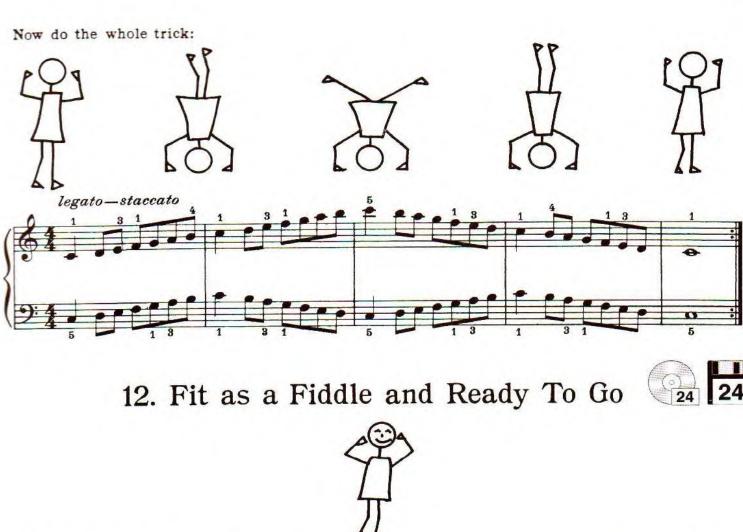


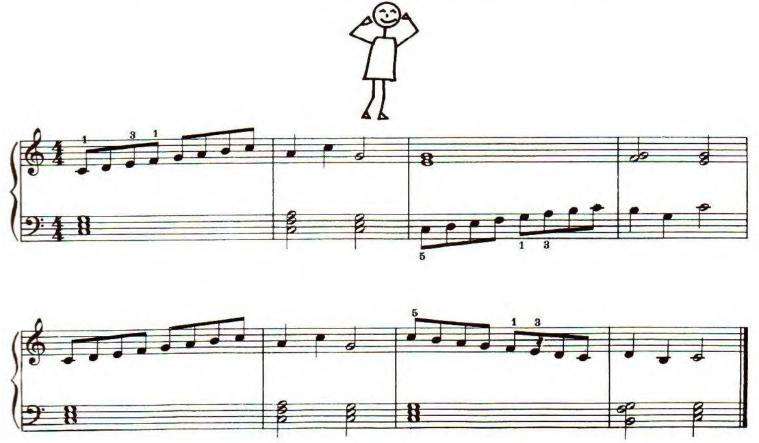
10. Sitting Up and Lying Down



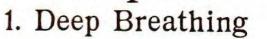






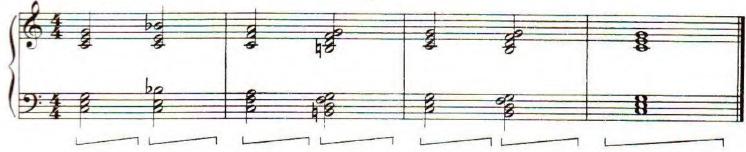


Group III

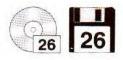


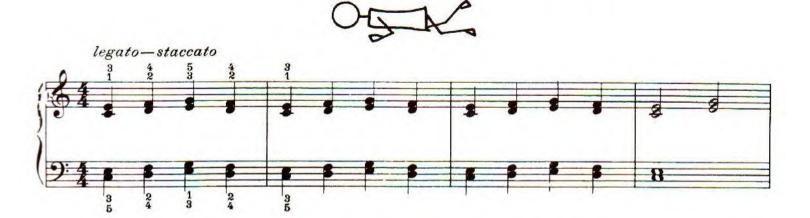


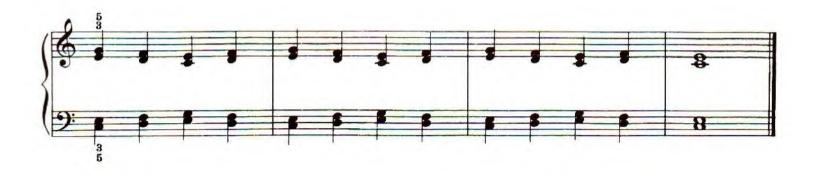




2. Rolling

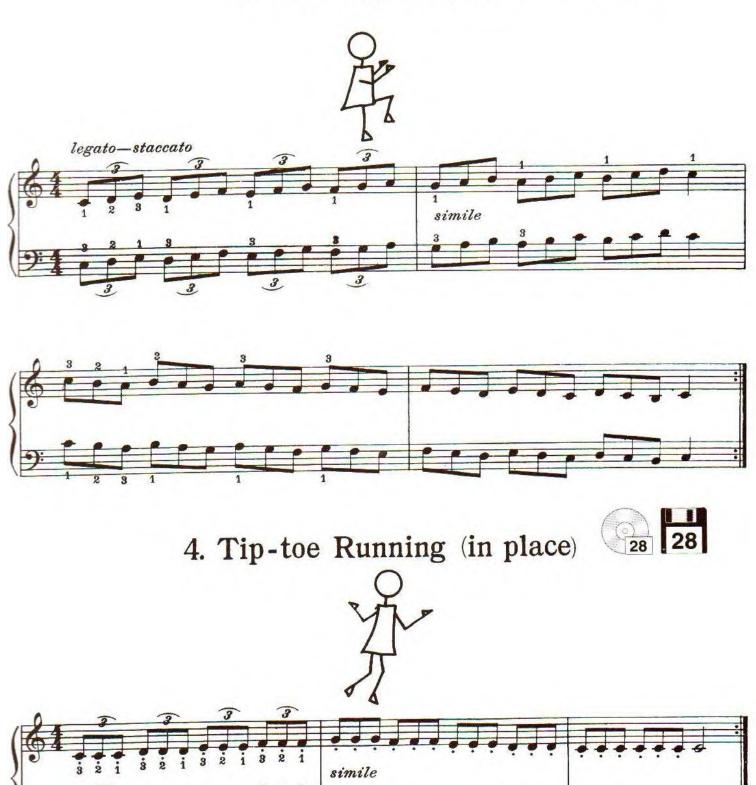


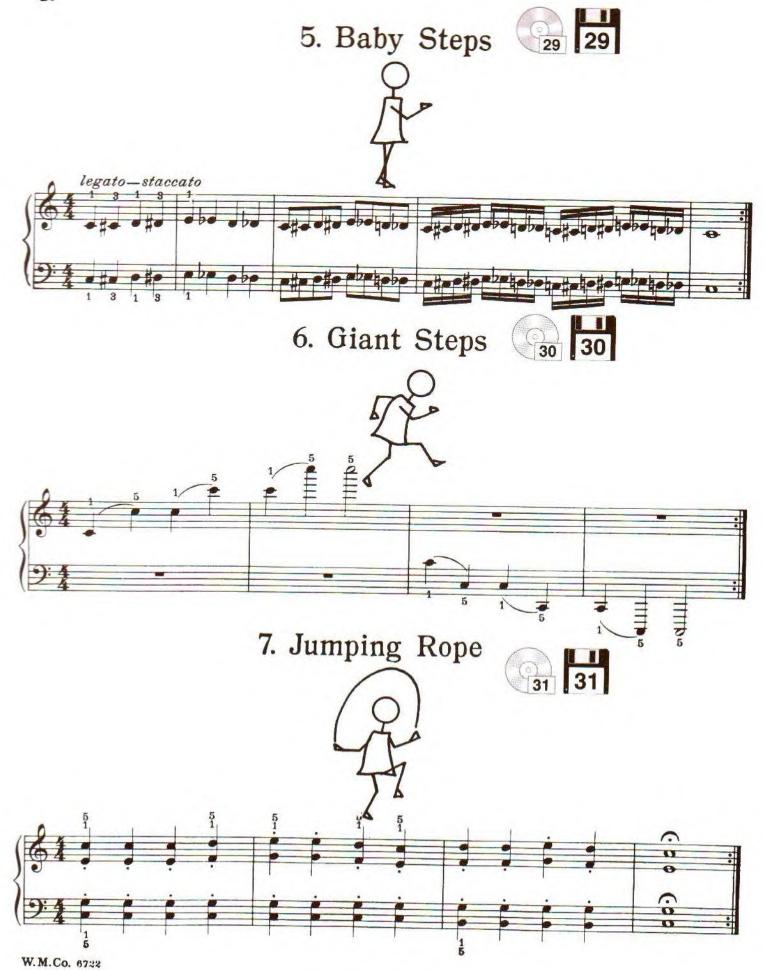


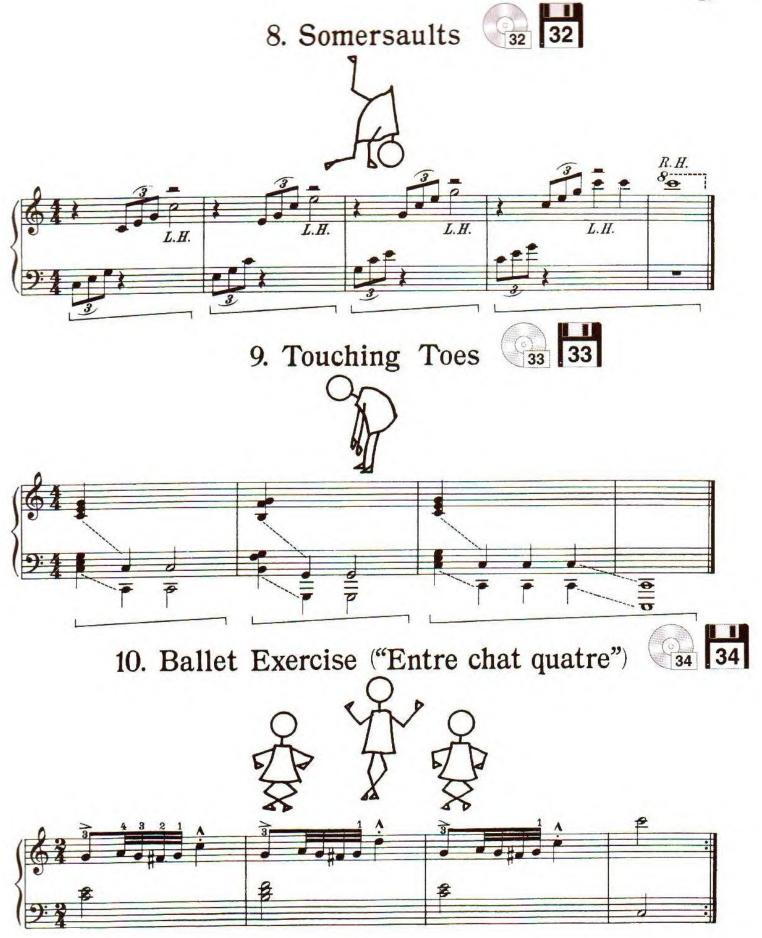


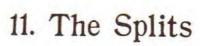
3. Climbing (in place)





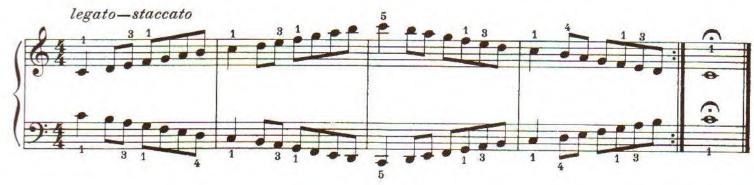




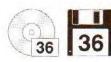


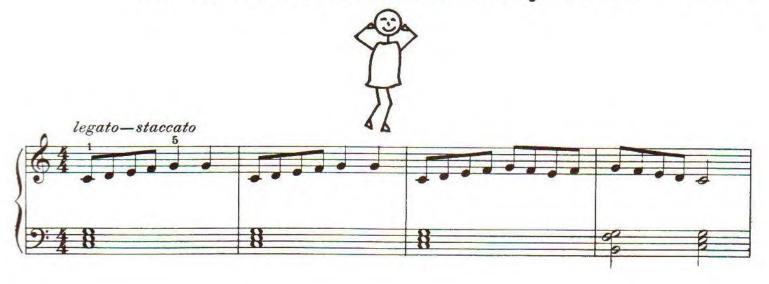


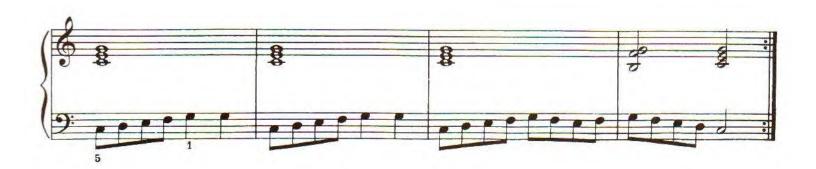




12. Fit as a Fiddle and Ready To Go



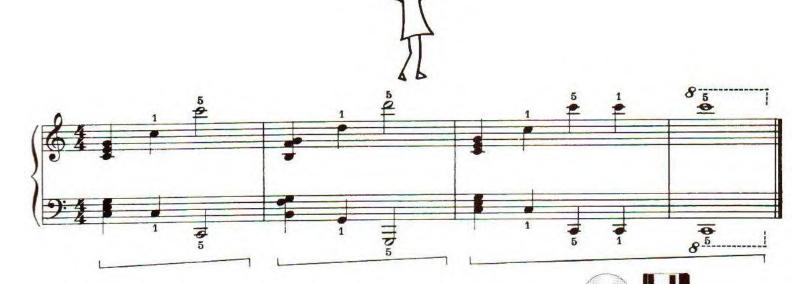




Group IV

1. Morning Stretch





2. Climbing (in place)

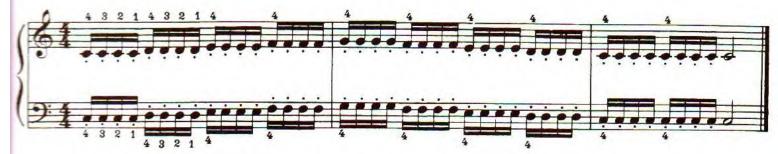




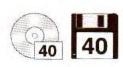
3. Tip-toe Running (in place) 39 39

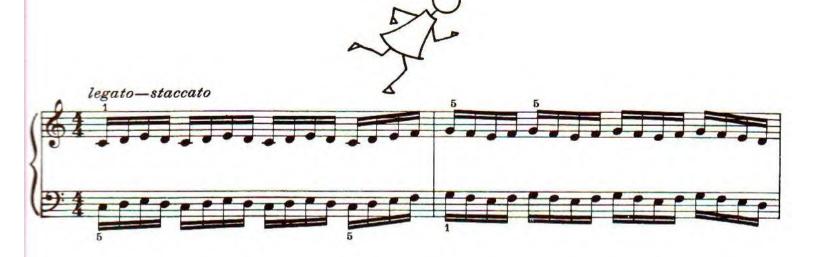


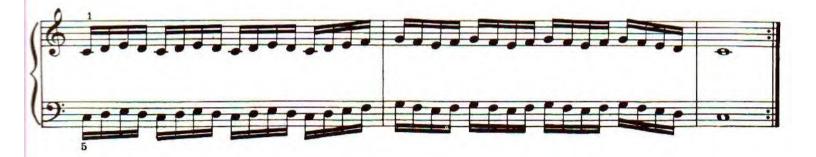




4. Running

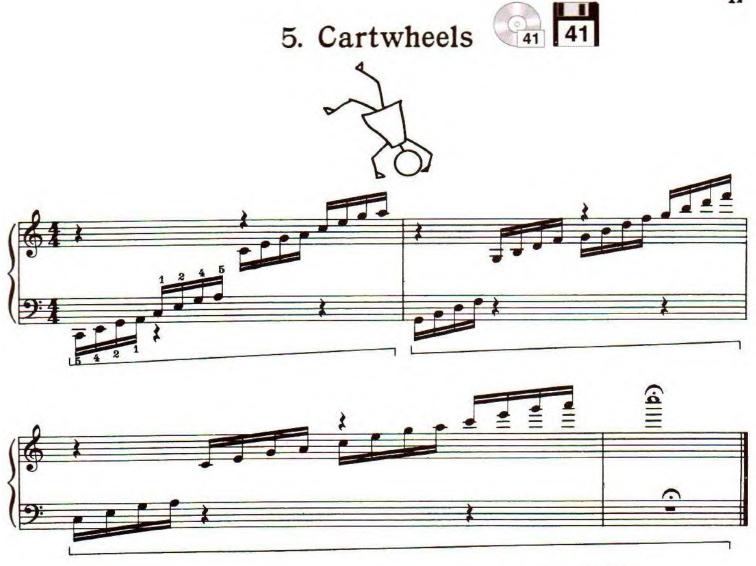




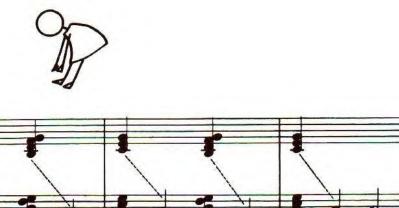


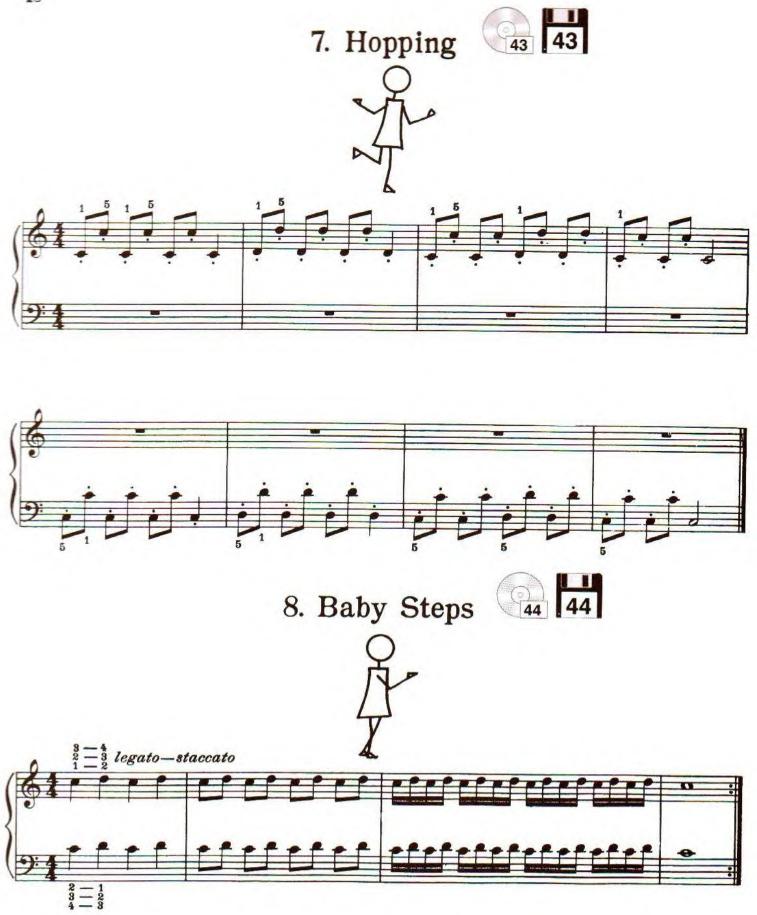


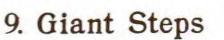




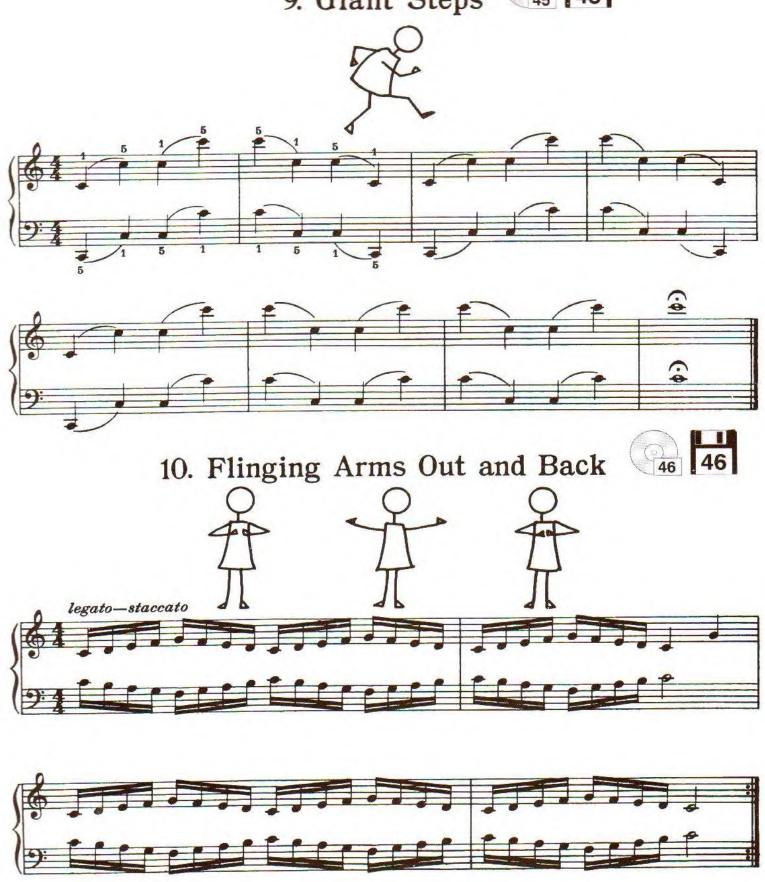
6. Touching Toes 42 42





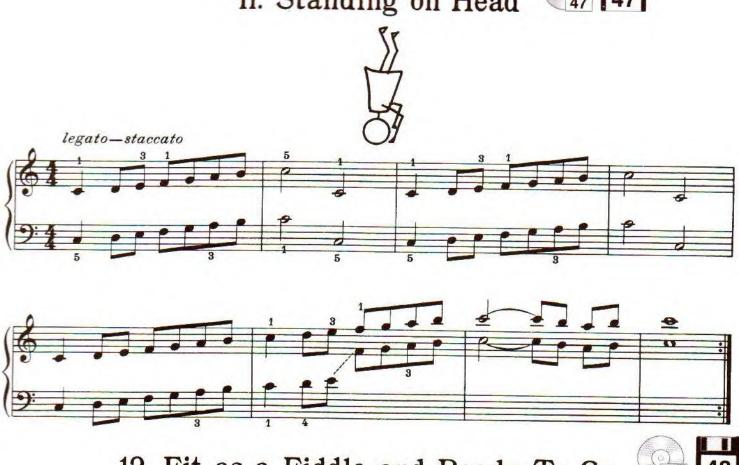




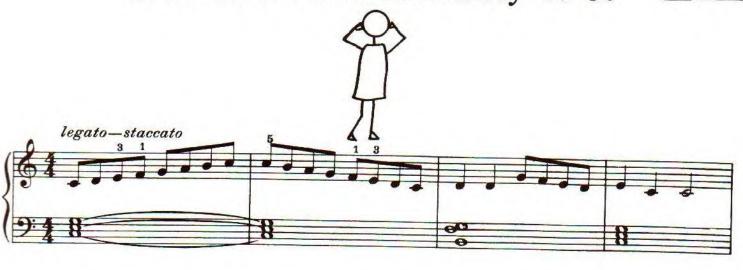


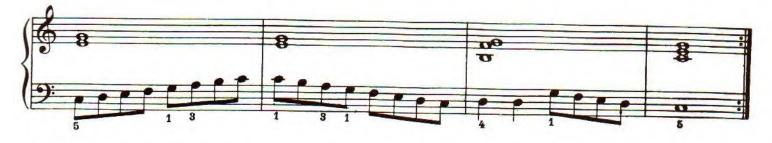


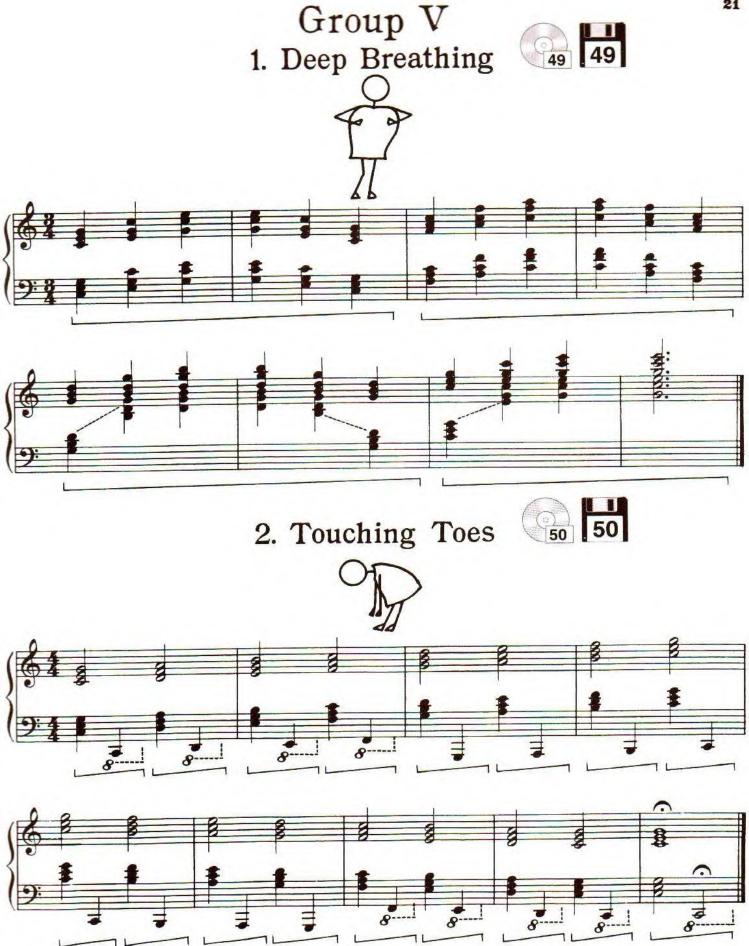




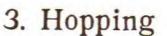
12. Fit as a Fiddle and Ready To Go







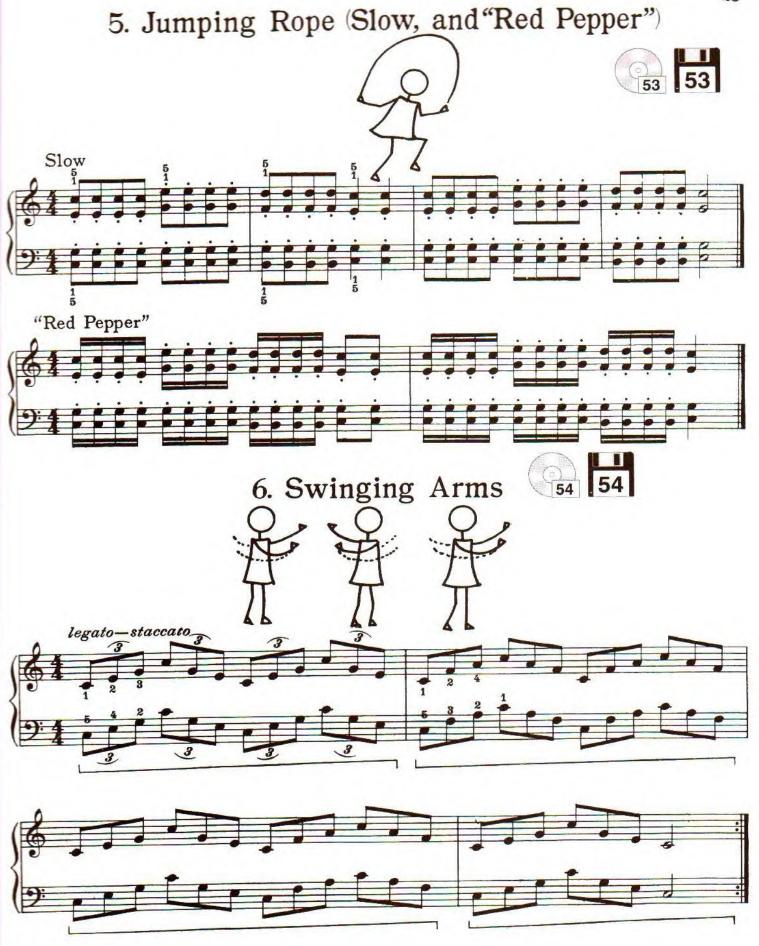
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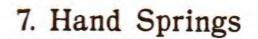




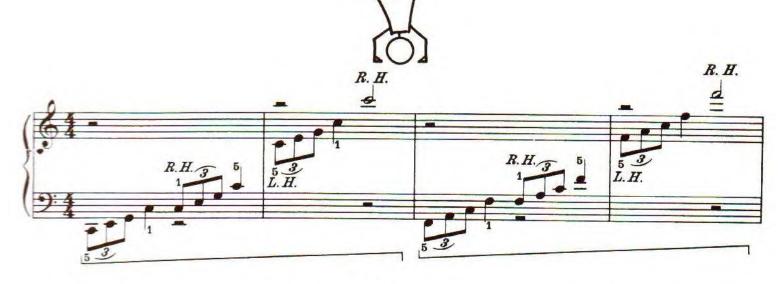


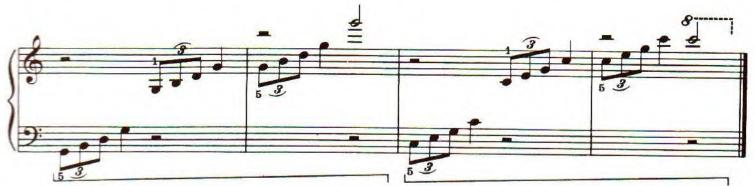




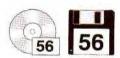


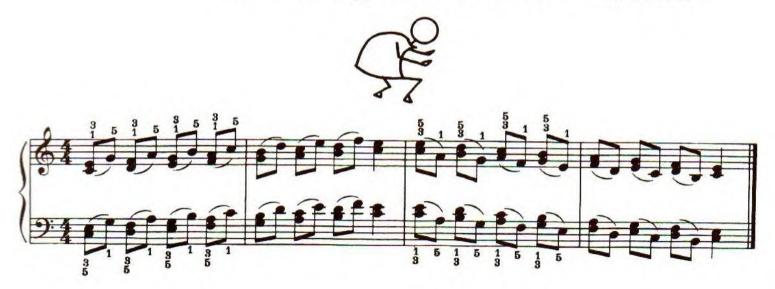




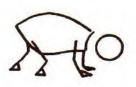


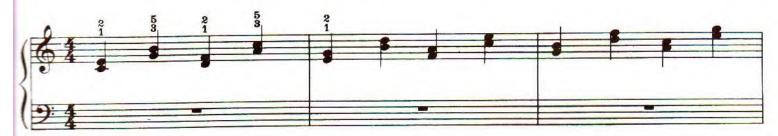
8. Walking Like a Duck

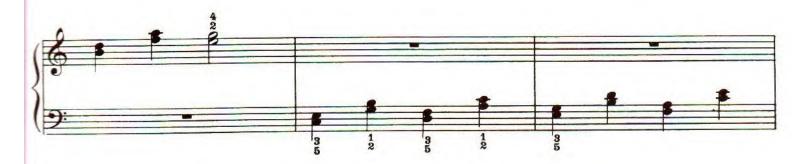


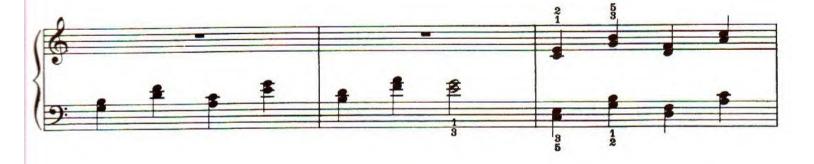


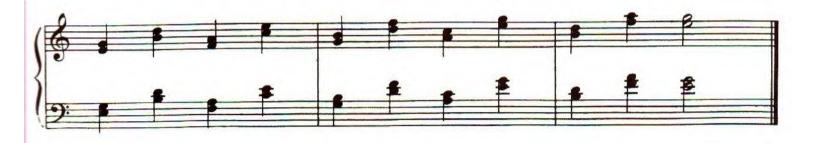


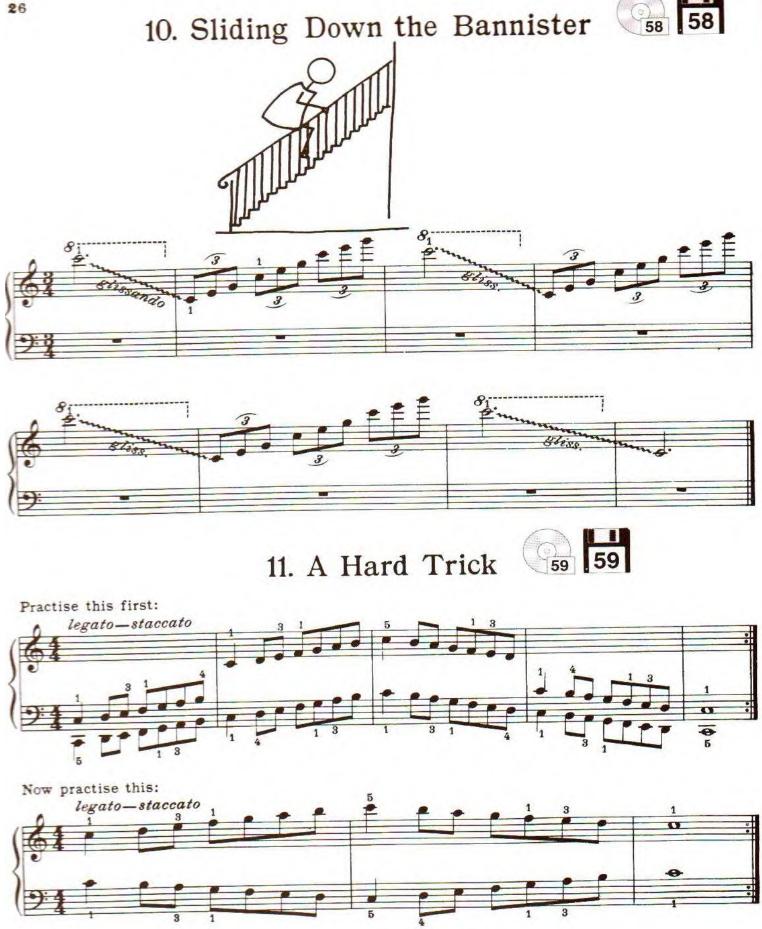


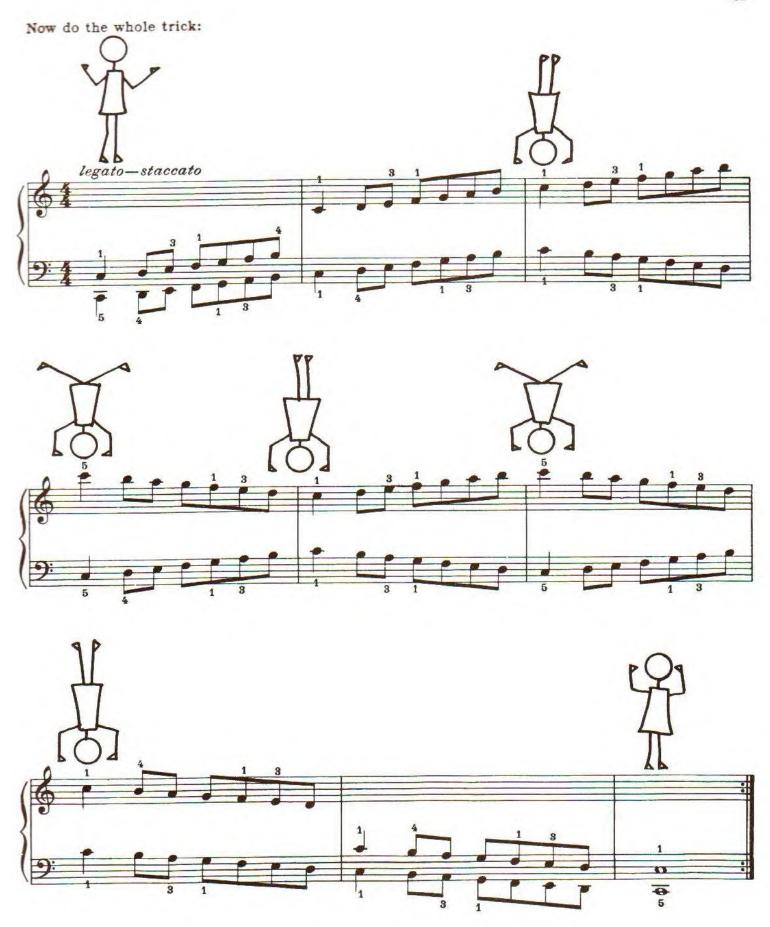












12. Fit as a Fiddle and Ready To Go 60 60



