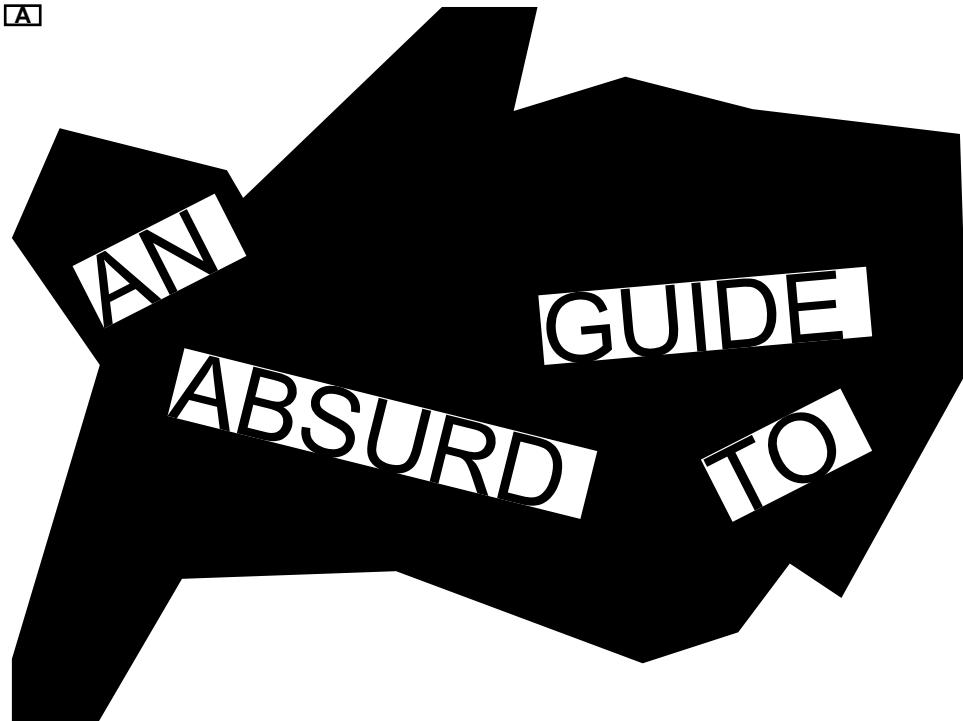




A



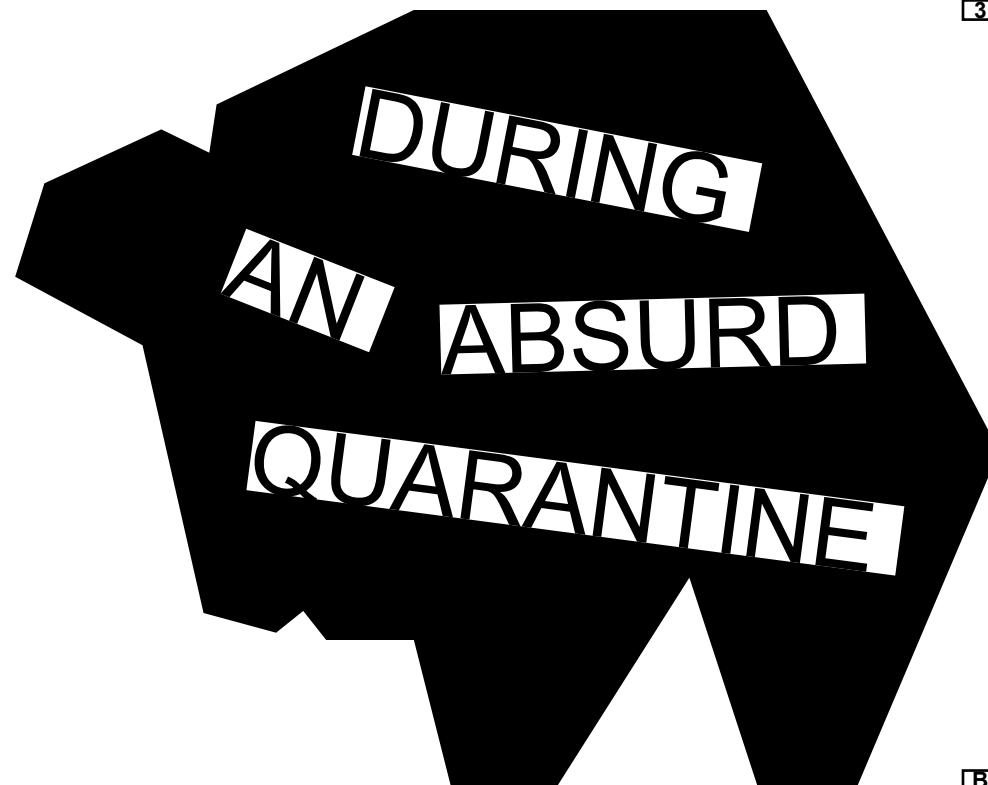
B



2



3



A

B

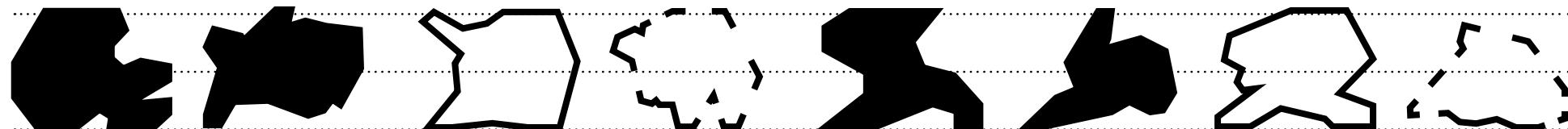
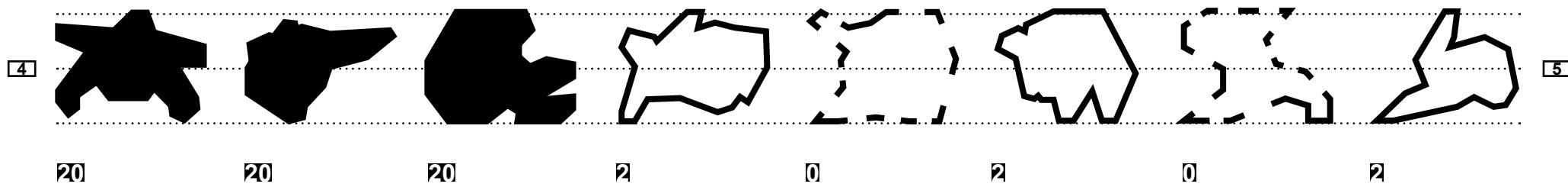
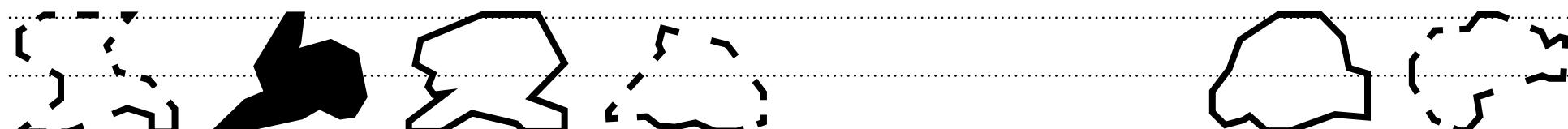
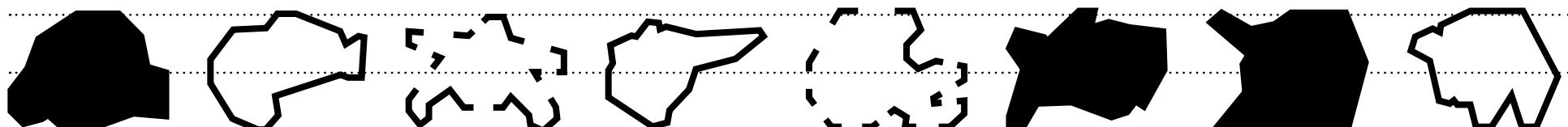
**B** 20 secs

2 secs

I by choice

duration for each position: 20 = 20 secs. 2 = 2 secs. 0 = however long it feels good

**A**

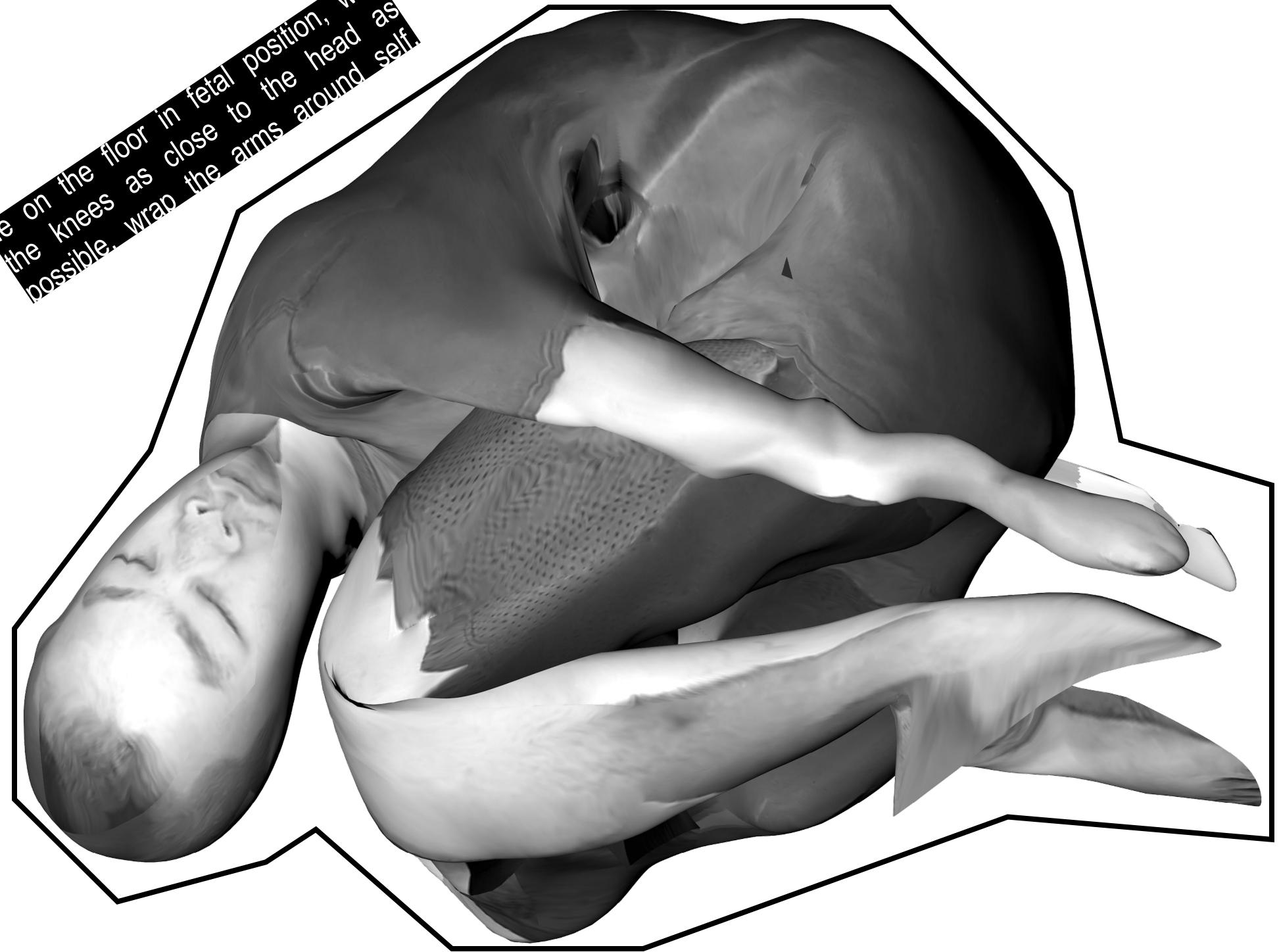


**B** 20

**A**

**A****C**

lie on the floor in fetal position, with  
the knees as close to the head as  
possible. wrap the arms around self.

**A****C**

C

B



C

B

sit on the floor with legs spread wide apart.  
lean forward and try to touch your toes.  
feel the stretch on the knee ligaments  
that have not been used for a long time.

**B****D**

10

11

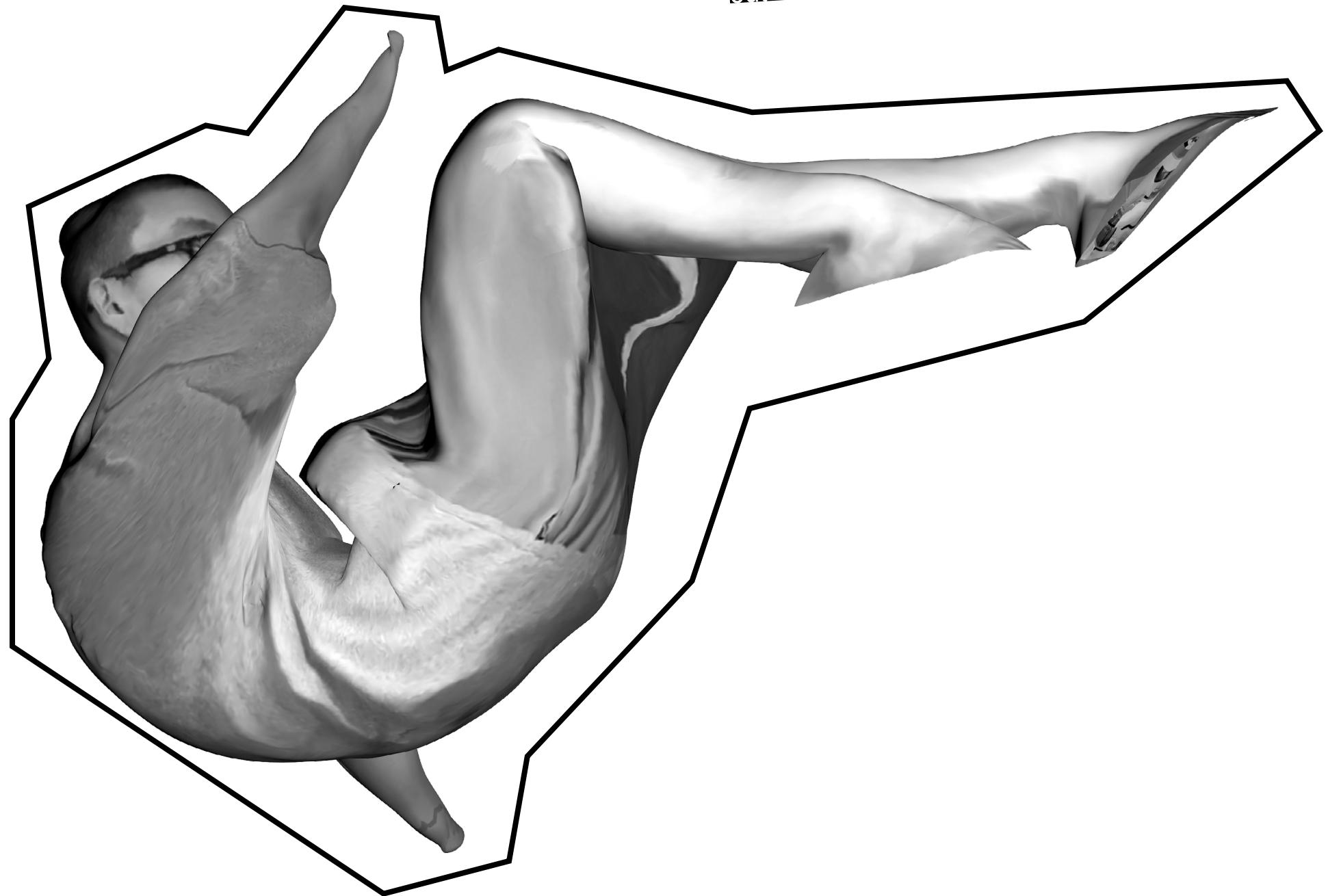
lie on the floor with arms stretched out. lift and bend both legs. imagine yourself an infant in a cradle.

**B****D**

D

C

lean back against a wall while sitting down.  
curl your back and bend your knees. reach  
out with your arms. imagine yourself falling.



12

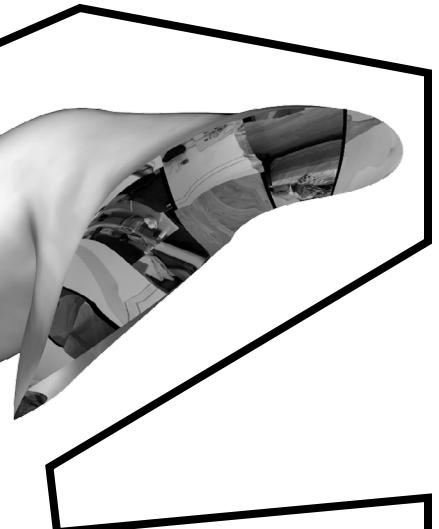
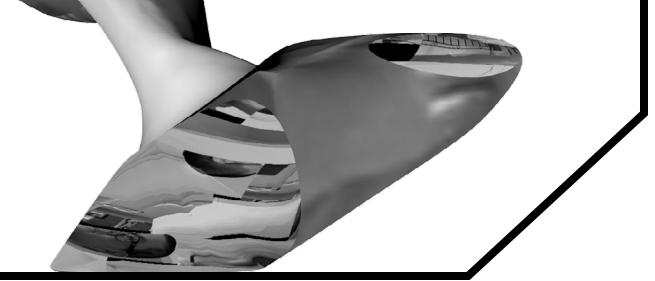
13

D

C

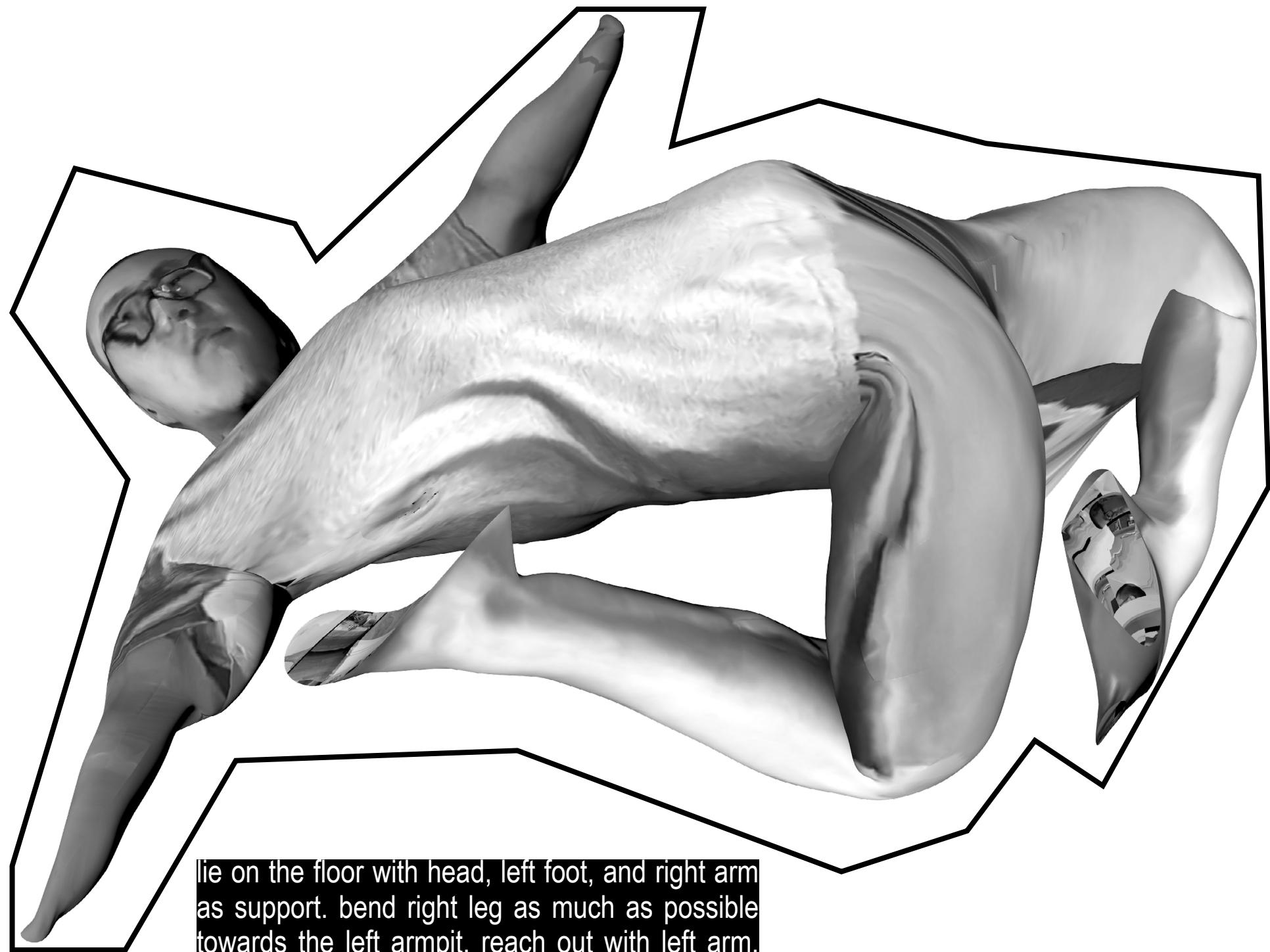
**C****E**

sit on the floor with the left knee bent. Stretch out the right leg. Appreciate your toes. Study and

**14****E****15****C****E**

E

D



E

D

**D****F**

while kneeling on the floor, bend backwards.  
touch toes with your right hand. extend left arm.

**E****G****H****I**

**F****E**

stand on your limbs while facing up. walk around in this position.

**20****21****F****E**



E

G

stand with knees bent. contract muscles in the shoulders and arms. feel the tension and allow your neck to move freely.

22

23

E

G

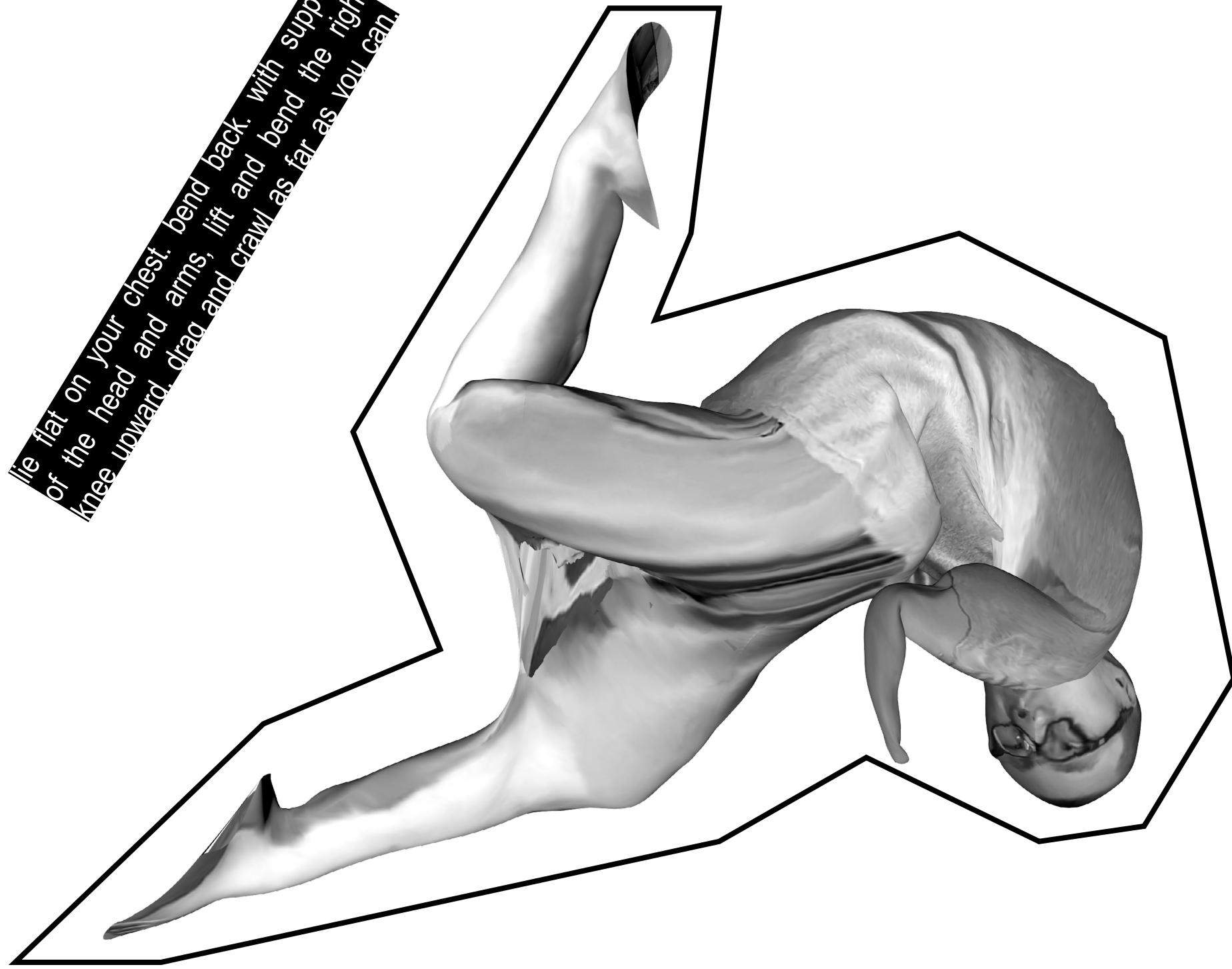
G

F

24

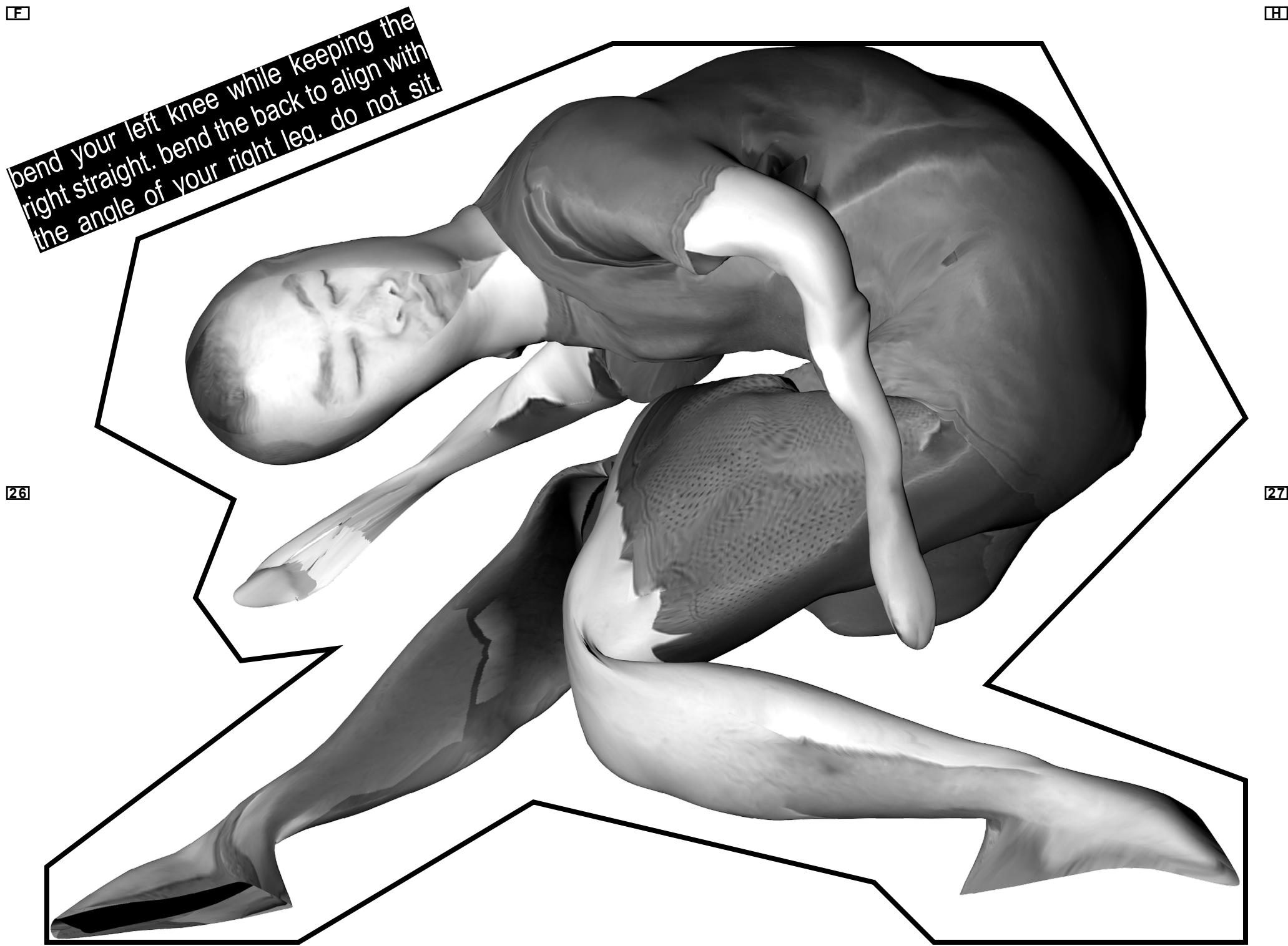
lie flat on your chest, bend back with support of the head and arms, lift and bend the right knee upward, drag and crawl as far as you can

25



G

F



bend your left knee while keeping the  
right straight. bend the back to align with  
the angle of your right leg. do not sit.

26

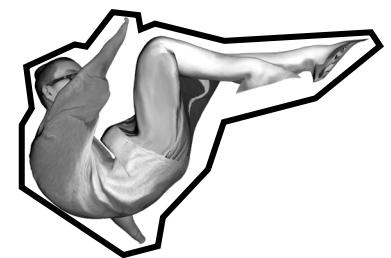
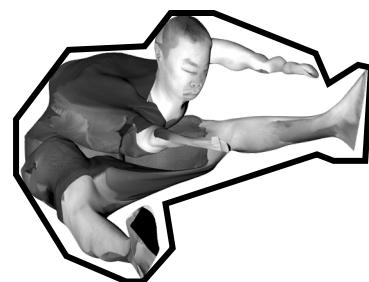
27



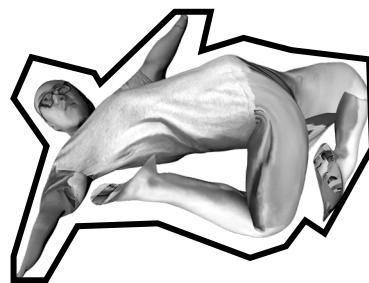
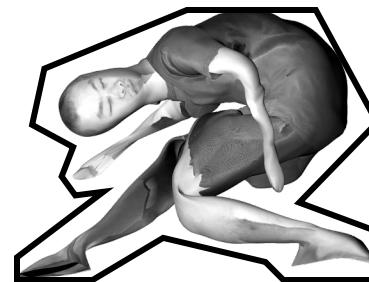
*sit on the floor with both knees bent. one inward and the other upward. lean head against the upward-bending knee. hug yourself.*

28

29

**G**

30

**G****H****H**



this publication is the 4th issue of D.I.Y([D-I-Y.WEBSITE](#)), an independent publishing project by QIANG WANG.

3d models scanned using DISPLAY.LAND, rigged in MIXAMO and C4D.

the typeface used throughout this issue is ARIAL.