

Straighten Up Hong Kong!

1. The Stars



- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Spread your arms and legs into a star.
- * Breathe air in as you slowly stretch one arm over your head...

...and slide your other arm down your leg.

- * SLOWLY tilt your star to the other side.

- * Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**

- * Repeat both sides 2 times!

TWISTING STAR



- * Become an **INNER WINNER!**

(Head up high & pull your belly button in.)

- * While you are in the star position, turn your head to look at one hand.

- * Slowly twist your entire spine to watch your hand as it goes behind you.

- * Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**

- * Repeat both sides 2 times!



TWISTING STAR



- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Raise your arms in "hands up" position.
- * Bring one of your elbows across your body while you raise the opposite knee toward it.

- * Now bring the other elbow across your body while you raise your other knee toward it.

- * Repeat this 15 times.

TWISTING STAR



Relax and breathe.

You're Doing Great!

2. The Flying Friends



THE EAGLE

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Put your arms straight out and pull your shoulders together in the back.
- * Breathe air in and slowly raise your arms until your hands touch together over your head.
- * Breathe air out and slowly lower your arms to your side.
- * Repeat 3 to 5 times.

- * Become an **INNER WINNER!**

(Head up high & pull your belly button in.)

- * Put your arms out to the sides with your hands up and pull your shoulders together in the back.

- * Make small backward circles with your hands and arms.

- * Bend at your waist from side to side while you keep the circles going.

- * Keep it going while you count to 10!



THE HUMMINGBIRD



THE BUTTERFLY

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Put your arms behind your head and gently pull your elbows backward.
- * Slowly and gently press your head backward against your hands while you count to 2.
- * Relax and breathe.
- * Repeat this 3 times!

Do some **TRAP OPENERS** like Vibes showed you on the first page.

GOOD JOB!

3. Core Balance/Wraps



TIGHT ROPE

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Pretend the floor in front of you is a tight rope high in the air. **(NEVER try this on a real rope!!!)**
- * Take a step forward on the tight rope.
- * Keep your front knee over your ankle (not over your toes).
- * Keep it going while you count to 20!
- * Repeat with the other foot forward.

- * Become an **INNER WINNER!**

(Head up high & pull your belly button in.)

- * Stand with your feet wider than your shoulders.

- * Gently rotate your body from side to side.

- * Let your arms flop back and forth and shift your weight from knee to knee.

- * Keep it going while you count to 15!



SLUSHING WATER

- * Become an **INNER WINNER!**

(Head up high & pull your belly button in.)



THE TRIANGLE

- * Lean to one side until your elbow can rest on your bent knee.

- * Breathe air in and slowly raise your other arm above your head so your body makes a triangle (like Vibes).

- * Feel the stretch in your body.

- * Count to 10 and do the other side!



Count to 15 while you shake your hands & feet.

It's been fun - We are Done!



THE SHAKES