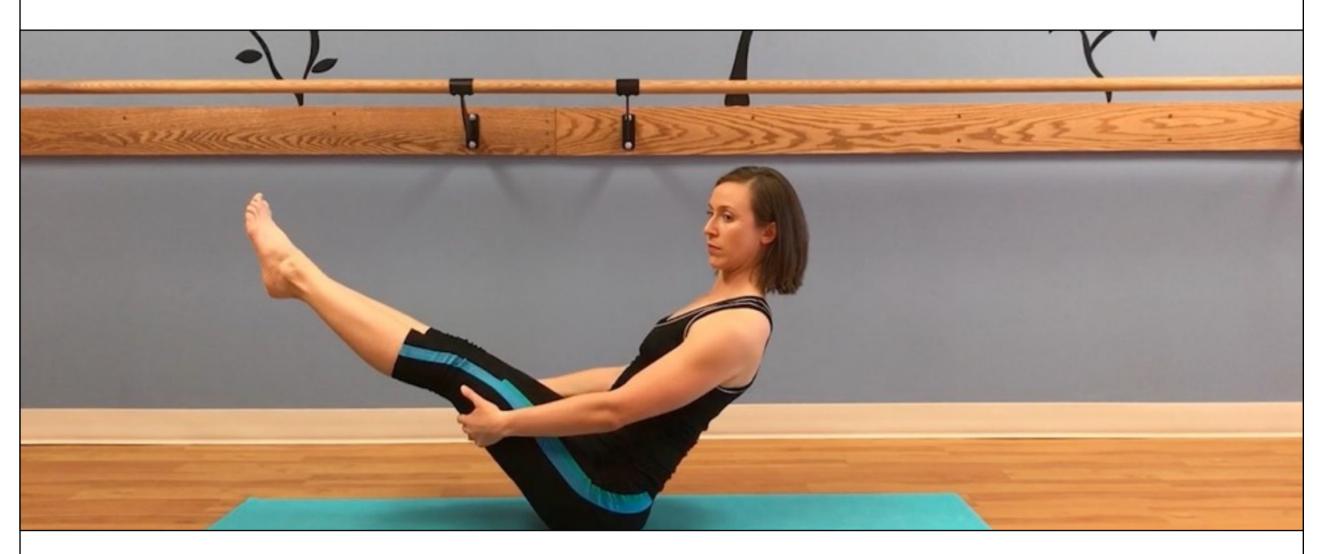
## CHAPTER 1

## Boat



Begin with bent knees together. Extend one leg and then the other to meet. For additional support, place hands behind back with fingers facing the same direction as toes. Option to keep one leg down.