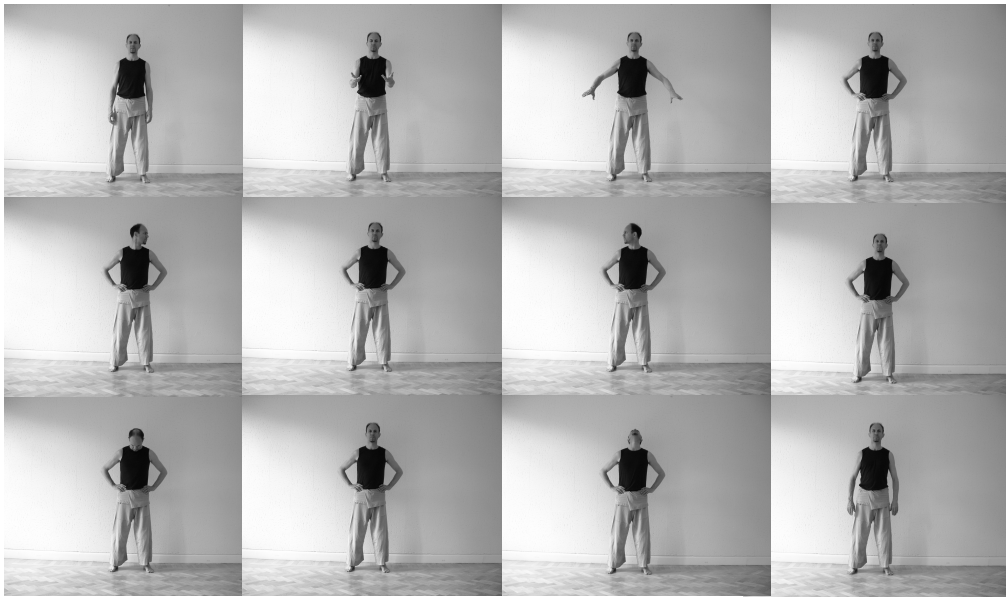


1. Mobilise neck and spine. Look slowly to left and right. Repeat. Look slowly down and up. Repeat.



2. Open the triangle. Pull your arms out to your sides in a 90 degrees angle. Look to left then right. (x2)



3. Beetle wings. Raise your arms then pull them down firmly and in to your sides. Look to left then right. (x2)

