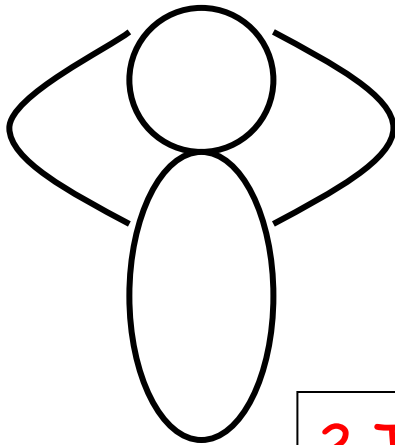
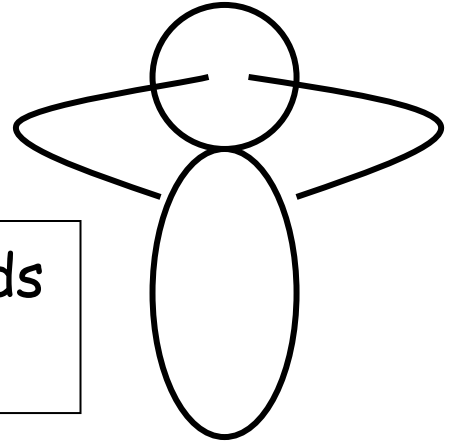


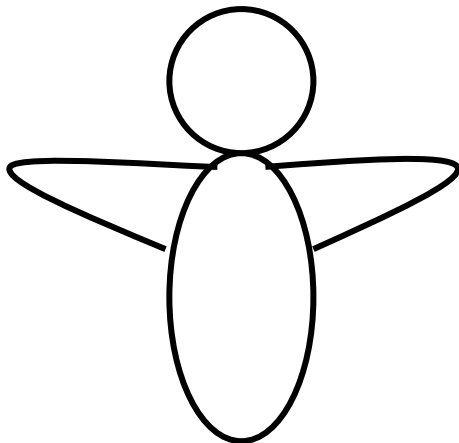
Table Aerobics



1 Times (Hands on Head).

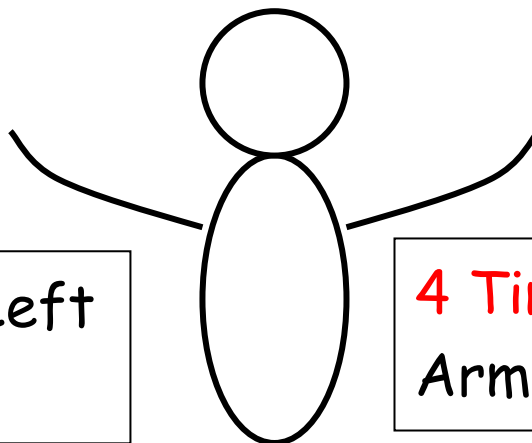


2 Times (Hands on Nose).



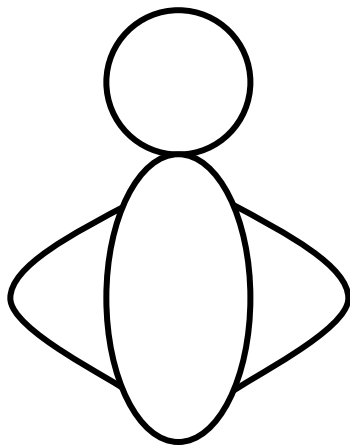
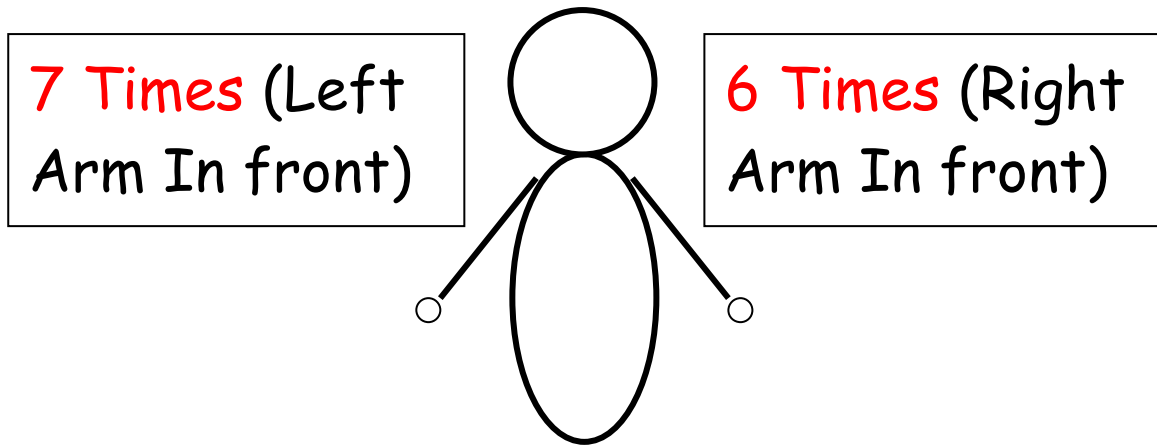
3 Times (Hands on Shoulders).

5 Times (Left Arm Out).



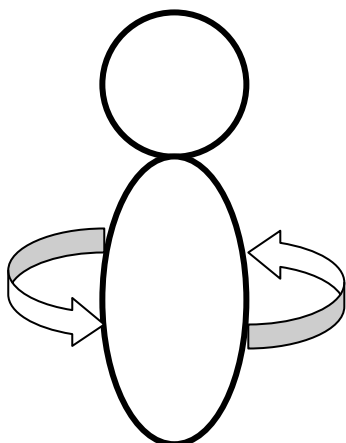
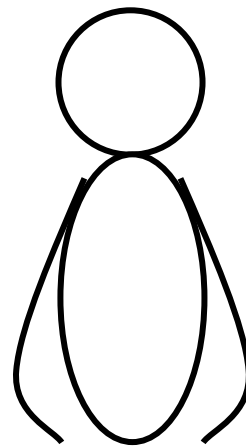
4 Times (Right Arm Out).

Table Aerobics



8 Times (Hands on Hips)

9 Times (Hands at Sides)



10 Times (Turn Around)