

## 2. FLYING FRIENDS

### THERE ARE 3 FLYING FRIENDS

- The Eagle • The Hummingbird • The Butterfly

#### THE EAGLE

- Stand like an **INNER WINNER**.
- Put your arms straight out and pull your shoulders together in the back.
- Breathe in and slowly raise your arms until your hands touch together over your head.
- Breathe out and slowly lower your arms to your side.
- Repeat 3 to 5 times.



#### THE HUMMINGBIRD

Stand like an **INNER WINNER**.

- Raise your arms in the "hands up" position 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 BUTTERFLY

Stand like an **INNER WINNER**.

- Put your arms behind your head and gently pull your elbows backward.
- Slowly and gently press your head against your hands while you count to 2.
- Relax and breathe.
- Repeat this 3 times.



## 3. CORE BALANCE/WRAPPS

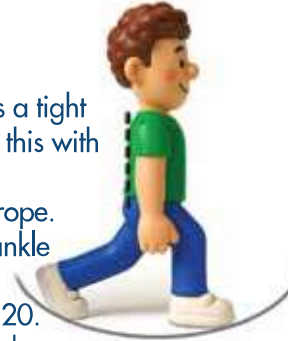
### THERE ARE 3 CORE BALANCE/WRAPPS

- The Tight Rope • Throwing Water • The Triangle

#### TIGHT ROPE

Stand like an **INNER WINNER**.

- Pretend the floor in front of you is a tight rope high in the air. (**NEVER** try this with 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.



#### THROWING WATER

Stand like an **INNER WINNER**.

- Stand with your feet wider than your shoulders.
- Gently circle your body from side to side.
- Let your arms flap back and forth and shift your weight from knee to knee.
- Keep it going while you count to 15.



#### THE TRIANGLE

Stand like an **INNER WINNER**.

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



# STRAIGHTEN UP SOUTH AFRICA



**FITNESS FUN  
FOR EVERYONE**

## HI, BOYS AND GIRLS!

This is Vibes and Vinnie and they are going to help you learn how to take care of your spine.

They are going to show you some exercises you can do everyday, called...

### STRAIGHTEN UP SOUTH AFRICA.



VINNIE

VIBES

**ALWAYS REMEMBER TO STOP IF ANY EXERCISE HURTS.**



## INNER WINNER

Vinnie is going to teach you how to stand like an **INNER WINNER**.

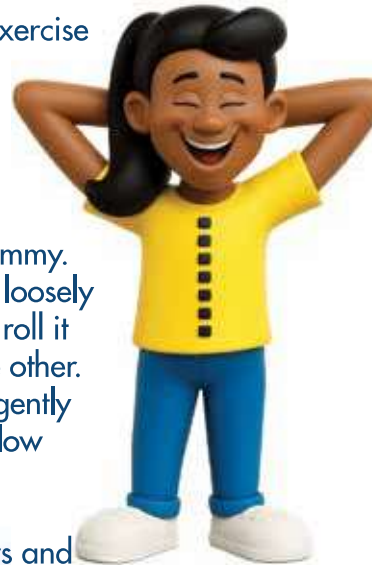
- Stand straight and tall with your head high.
- Put your ears, shoulders, hips, knees, and ankles in a straight line like Vinnie.
- Pull your belly button towards your spine.



## TRAP OPENERS

... and Vibes has an exercise you can do between the others, called **TRAP OPENERS**.

- Breathe deeply and calmly relax your tummy.
- Let your head hang loosely forward and gently roll it from one side to the other.
- Using your fingers, gently rub the area just below the back of your head on your neck
- Relax your shoulders and gently roll them backward.
- Keep doing this for a count of 15 !



## 1. THE STARS

### THERE ARE 3 STARS

- The Tilting Star • The Twirling Star • The Twisting Star
- Vibes is going to show you how to stand like a **STAR**.
- Stand like an **INNER WINNER**.
- Spread your arms and legs into a Star.

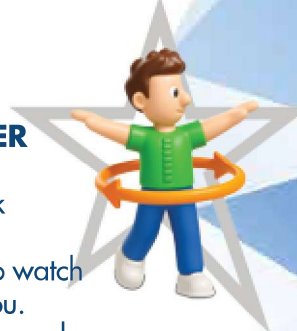
### TILTING STAR

- First stand like a Star
- Breathe in as you slowly stretch one arm over your head.
- 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.



### TWIRLING STAR

- Stand like an **INNER WINNER**
- While you are in the star position, turn your head to look at the one hand.
- Slowly twist your entire spine to watch your hand as it goes behind you.
- Relax at the end of each stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- Repeat both sides 2 times.



### TWISTING STAR

Stand like an **INNER WINNER**.

- Raise your arms in "hands up" position.
- Bring one of your elbows across your body while you raise the opposite knee towards it.
- Now bring the other elbow across your body while you raise your other knee toward it.
- Repeat this 15 times.

