



Jack LaLanne's "Magic Five" Exercises

# FOR FAMILY FUN AND FITNESS

**BEFIT ENTERPRISES**

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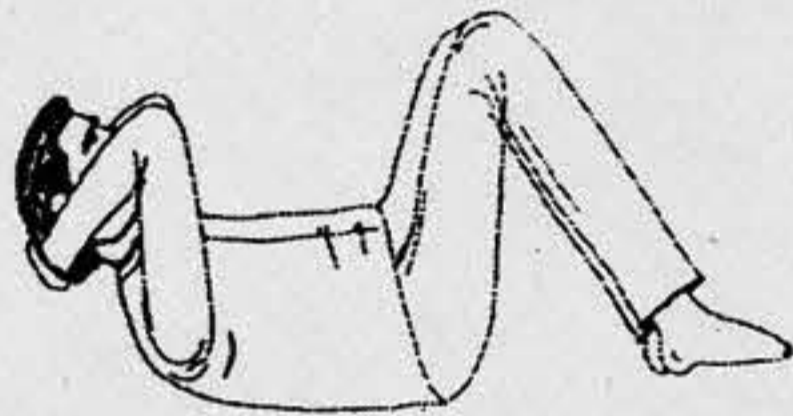
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The Nation's #1 Physical Fitness TV Personality

1. Start with "CRUNCHES in bed or on floor"

Great to get the circulation moving and the sleepy eyes open... helps firm up the waistline... flatten the tummy.



Lie flat on your back, bend your knees, keeping your heels as close to your buttocks as possible. With hands either behind your head or across your chest, try to sit up to your knees. Exhale as you sit up, inhale as you lie down. Lie back and repeat 5 times. Rest and repeat 5 times.

2. "LEG CURLS" (Beginners start with one leg at a time)



Another great exercise to help firm out-of-condition muscles. Put pep in your step and a smile on your face.

Lie on your back, arms extended along sides. Lift knees into chest. At same time, raise head tucking chin into chest. Return to start position... repeat 5 times. Rest... and do 5 more.



4. For a great, stimulating movement the entire family can do together... try "RUNNING IN PLACE." (if unable - lift legs as high as possible in walking position)

A terrific over-all body conditioning exercise...

Stand in one place and start running. Lift legs high, knees into body. Swing arms vigorously, as if you wanted to punch a hole through the ceiling. Keep shoulders back, head high and breathe deep. Run for 30 sec. the first day... try to go longer each day.



3. Now take a deep breath. It's time for the "FANNY FIRMER."

A great movement to help firm the hips and thighs for a firmer you. Lean forward placing hands on edge of bed or chair. Lift right leg back as high as you can without straining. Return to start position and repeat 5 times on right leg... then 5 with the left leg. Rest and repeat 5 times on each leg.



5.

Just one more to go... Here's the "DYNAMIC STRETCH"

A wonderful muscle-toning exercise for everyone in the family.



Stand with feet apart, lock hands behind back and extend arms out, trying to touch elbows. At the same time keep your head straight by looking at the wall in front of you. Now hold position and lean forward at waist. Return to start position and repeat 5 times. Rest and do more as able.

WHAT A WORKOUT. Don't you agree that the MAGIC "5" are a great way to start the day.

NOW FOR A HOT SHOWER... followed by a stimulating COOL SHOWER... and you're on your way to a sparkling day.