

Straighten Up America®



Section 1 – The three stars

Spread your arms and legs into a star.
Stand up tall, head high and belly button pulled in.
Breathe slowly in and out as you do the exercise.



The tilting star

Tilt and stretch to one side
then to the other side
Repeat 3 times.



The twirling star

Look at one hand.
Slowly watch
your hand go
behind you.
Do the same with
the other hand.
Repeat 3 times.



The twisting star

Arms in hands up position
Bring one elbow in front and raise
the opposite knee to the elbow.
Switch side. Repeat 15 times.



Section 2 – The flying friends

The Eagle

Stand straight, arms
along your side.
Make your hands
touch above
your head.
Repeat 5 times.



The Hummingbird

Hands up.
Make small
backward circles
with your elbows.
Bend side to side.
Keep going while
you count to 10.



The Butterfly

Arms behind your
head. Pull your
elbows backward.
Press your
head against
your hands
while you
count to 2.
Repeat 3 times.



Section 2 – Core balance and wrap

The Tight Rope

Pretend the floor in front of
you is a tight rope high in
the air. Take a
long step for-
ward on the
tight rope. Keep
your body
straight and
your knee above
the ankle. Hold
while you count to 20.
Repeat with the other foot.



Throwing Water

Gently circle your
body from side to
side. Let your arms
flap back and
forth and shift your
weight from knee
to knee.
Keep going while you count to 15.



The Triangle

Lean to one side
until your elbow
rest on your bent
knee. Bring the
other arm above
your head to make
a triangle. Count to
10 then do the other side.



The Shake

Count to 15 while you
shake your hands and feet.



It's been fun!

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VIBES

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