

# 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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