



UNCLE WUFFLE'S COMPLETE GUIDE TO HOME EXERCISE

To perform these exercises you will need a bed and a pillow.^{1, 2}

TO REDUCE THE WAIST

Elementary

Lie on the bed on your back on the pillow. Look toward your toes.³ Resist the temptation to try to touch your toes. That would be painful, if not futile. Instead, point your big toes toward each other. Gracefully, touch both toes to the bed, then lift. Repeat until you get bored.

Intermediate

Sit on the bed with your legs crossed. Put the pillow in front of you. Place your hands on your knees (right hand to right knee, etc.) with the elbows turned out. Arch your back. Look up. Do not look at the pillow. Continue until near collapse.

Advanced

Sit on the bed with your legs crossed. Put the pillow in front of you. Place your hands on your knees (right hand on right knee, etc.) with the elbows turned out. Arch your back. Resist looking at the pillow. Continue to resist looking at the pillow. Sneak a peak at the pillow. OK, give in. Look longingly at the pillow. You are getting sleepy! You are getting sleepier!! While seated, allow your chin to gracefully fall onto the pillow. (Warning: Do not bang your nose.) Go to sleep. Hold for ten counts or until tired.

TO SLIM THE THIGHS

Elementary

Lie face down on the bed on the pillow. Gracefully point your toes.

¹ A bed and pillow are necessary and sufficient requirements. If you have someone to share the bed, other forms of exercise are recommended. In any case, try to avoid sweating.

² Great care should be given in selection of the pillow. It is impossible to exercise properly if you don't have the right equipment. Goose feathers are best, but expensive. Uncle Wuffle takes no responsibility for injuries caused by use of an inferior pillow.

³ If you can't see your toes because your stomach gets in the way, close your eyes and imagine them.

TO SLIM THE THIGHS (cont.)

Intermediate

Lie face down on the bed on the pillow. Gracefully point your toes. Allow your feet to rise slightly, bending at the knee.

Advanced

Lie face down on the bed on the pillow. Gracefully point your toes. Allow your feet to rise slightly, bending at the knee. Place your arms behind you and allow your back to naturally arch. Pretend you are a fish. (Warning: Remember to breathe.)

TO TRIM THE ANKLES

Elementary

Stand on the bed on the pillow (Warning: Do not attempt this exercise in a bedroom with a low ceiling). Gracefully rise onto tiptoe. Try not to fall down.

Intermediate

Stand on the bed on the pillow (see earlier warning). Gracefully swing the right foot forward and back in an arc. Repeat with left foot. Try not to fall down.

Advanced

Stand on the bed on the pillow. Rise onto tiptoe. Gracefully swing the right foot forward and back in an arc while balanced tiptoe on one leg. After you pick yourself off the bed, repeat with the left foot. Try not to fall down hard.

TO STRENGTHEN THE UPPER ARMS AND CHEST

Elementary

Lie on the bed on your back on the pillow. Put your hands over your head and reach backward.

Intermediate

Place the pillow against the headboard of the bed. Lie on the bed on your back with your head just in front of the pillow. Reach back and push the pillow against the backboard.

Advanced

Place the pillow against the headboard of the bed. Lie on the bed on your back with your head just in front of the pillow. Reach back and push the pillow against the backboard. Yawn deeply.

