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#049:Elia Torrecilla: Traffic lights runner (2015)

Choose any traffic light for pedestrians.

When the light is red for pedestrians begin strengthening exercises.

You can use the traffic lights to support yourself while stretching out the legs.

When you see the traffic lights will soon turn green, take starting position.

When it is green run to the other side of the crosswalk! Quickly!

Relax and stretch again .

Repeat 5 times.

Congratulations, you are a traffic lights runner.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to **done@theconceptbank.org**.

We will archive it (anonymously) and we will also forward it to the artist.

Thanks and we hope you will visit us again.

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