Spine Corrector - Jay Grimes

Arm Series
- Circles
- One Arm Up/Down
- Hug
- Stretch with Bar

Leg Series
- Circles
- Small Circles
- Walking
- Beats
- Scissors
- Bicycle
- Frogs to V
- Helicopter

Leg Circles Onto Head
Shoulder Bridge
Can Can/Hip Twist

Leg Series
- Rolling In and Out

Teaser
Hip Circles
Swan
Swimming
Rocking
Grasshopper