

Fewer Springs More Core

Springs	Exercise
1	Footwork -Toes -Arches -Heels -Tendon Stretch
1	Hundred
2	Short Spine
1	Coordination
2 2 1 2 2	Long Box Series -Swan -Pull Straps & T -Backstroke -Teaser -Horseback
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree
1 / 0	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant

1	Stomach Massage Series
1	-Round
1	-Hands Back
1	-Reach Up
1	-Twist
2	Semi Circle
2	Feet in Straps
	-Leg Circles
	-Frogs
1	Knee Stretch Series
	-Round
	-Arched
	-Knees Off
1	Running
1	Pelvic Lift
0	Side Splits
2	Front Splits