

## Strong Core Healthy Spine

PrePilates Exercises			
The Hundred	100		
Shoulder Bridge Prep			
Single Leg Circle Prep			
Single Leg Stretch	10 sets		
Double Leg Stretch	10x		
Single Straight Leg Stretch	10 sets		
Spine Stretch Forward Prep			
Teaser Prep			
Open and Close Legs (Alternate)			
Twist Prep			
Single Leg Kicks	8 sets		
Double Leg Kicks	5x		
Swimming Prep			
Shoulder Bridges			
"Criss Cross" on all Fours			
Teaser Prep			