



Alisa Wyatt / No Bending Mat With Alisa

The Hundred
Roll Back (Sitting up/knees bent)
Single Leg Circles
Spine Stretch Forward
Single Leg Stretch
Double Leg Stretch
Single Straight Leg Stretch
Double Straight Leg Stretch
Criss Cross (Lower body twist only)
Corkscrew
Swan
Neck Roll
Single Leg Kicks
Double Leg Kicks
Side Kicks
-Front/Back
-Up/Down
-Circles (Variation)- Parallel Medium Circle
-Beats
Shoulder Bridge
Swimming
Elbow Plank
Standing Arm Weights:
Bicep Curls
T Arm Bicep Curls
Zip Up (Triceps)
Squatting Tricep Reach Back
Sit Back (Squat)
Standing Marching