

Abdominal Blitz with Blossom

The Hundred	100	The Spine Twist	5 sets
The Roll Up	6x	The Jack Knife	6x
The One Leg Circle	5x ea	The Side Kick	3x ea
Rolling Like a Ball	6x	- Up/Down	
The One Leg Stretch	5x	- Both Leg Lift	
The Double Leg Stretch	5x	- Beats	
Bicycle		- Front/Back with twist	
Scissors	5 sets	Mermaid	
Double Straight Leg	5x	elevated Clam with Twist	
Criss Cross	5 Sets	Swimming	20x
Shoulder Bridge		Plank with leg lifts	
Spine Stretch Forward	3x	Pelvic Lift with Leg Lift	3 each
Twist	3 sets	Thigh Stretch Cat	2x
Open Leg Rocker	5x	Side Bend	1x ea
Corkscrew	6 sets		
Saw	4 sets		
The Swan	5x		
The One Leg Kick	6 sets		
The Neck Pull	6x		
The Shoulder Bridge	3 sets		