



Roll Down

Bridge

The Hundred

Roll Up

Single Leg Circles

Rolling Like a Ball

Single Leg Stretch

Double Leg Stretch

Single Straight Leg Stretch

Double Straight Leg Stretch

Criss Cross

Spine Stretch Forward

Open Leg Rocker

Corkscrew

Saw

Single Leg Kicks

Double Leg Kicks

Neck Pull

Side Kicks:

Up/Down

Front/Back

Circles

Developpe

Teaser

Seal

Standing Exercises:

Side Stretch

Chest Expansion

Circles