



Sit Down No Hands
Hundred
Roll Up
Roll Over
Leg Circles
Rolling like a Ball
Single Leg Stretch
Double Leg Stretch
Single Straight Leg Stretch
Double Straight Leg Stretch
Criss Cross Variations
Spine Stretch Forward
Open Leg Rocker
Corkscrew with Hips Over
Saw
Swan
Single Leg Kick
Double Leg Kick
Neck Pull
Spine Twist
Shoulder Bridge
Side Kicks
Teaser
Swimming
Side Bends
Rocking
Seal