



Start Standing

arms crossed,, toe raises (5x)

Arm circles (3x) (toes lift & lower)

Cross legs to Sit down

Lay down on Mat

Footwork (5x ea)

Hundred (1/2 normal, 1/2 legs bending
in & out)

Roll Up

Leg circles (3x)

Leg circles hovering (3x)

Scissor switch quick (6x)

Accordion up to Roll Like a Ball (3x)

Roll Like a Ball

Series of 5 : countdown style from 5

Spine Stretch Forward (3x)

Small arm circles front/ side/front

Shaving (5x)

Saw Stretchy

Semi circle

Side Series

 Inline with Mat- lower lift (5x)

 Top leg up (5x)

 Bottom leg circles (5x)

 Float Forward

 Front /back

 Up/down

 Lay on stomach

 Lift single legs (3x)

 Upper body (3x)

 Lift both: beats

Sit back Stretch

Other side repeat

Teaser

Upper body lower 1/2 way (3x)

3 full teasers

3 toe taps ea. Leg (1/2 teaser)

5 toe tap teasers

Mermaid