



Start Standing

Heels together/ toes apart :

Roll down (3x)

Interlock thumbs, Side Stretch  
(2x)

around the world

Sit Down to Mat

1/2 Roll Back (3 x)

1/2 roll back no hands (3x)

Stretch long

Slide knees to bent/ glued together/ curl  
up upper body (3x)

3rd one float arms up start hundreds/  
right leg/ left leg/finish both legs up/  
hold Breath on extra set of 10

Roll Up (5x)

Roll over prep (3x)

Leg Circles (3x) / Switch

Roll like a ball (3x) to teaser (5x)

Hold teaser stretch arms up/down (3)

Series of 5

Shoulder bridge

w/kicks / lower lift butt (5x) /  
switch

cross legs stretch/ switch

Spine stretch forward

Neck Roll

T (from reformer) (5x)

Sit back stretch

Push ups on knees (first lower/lift leg  
5x) w/ one leg kick (3xea)

Come to knees/ glued together/ hands  
on hips/ sit back to heels come up (5x)

Right ankle grab/stretch

Left ankle grab/stretch

Kneeling thigh stretch (3x)

Lift knee/ tap down (3x)

Stay in lunge to standing/ hands behind  
head/ lunge forward & back (3x) / back  
leg to kick (3x)

Legs straight round down to frame leg

Come back to kneeling, stretch w/arms  
by ears

Switch

Standing chest expansion (1x ea side  
feet flat) (2x ea. Side on toes )

Roll down on toes

Press down heels