

Leg Series

- Lift and lower
- Knee to knee / Heal to heal
- Pulse
- Donkey Kick back
- Clam
- Lift leg Up
- Lift/lower bottom leg
- Circle Lower leg

Lay on Stomach

- Lower and lift upper body
- Lift / lower one bent leg - switch
- Lift / lower double leg - knees bent
- Lift upper body one side at a time

Leg Series (other leg)

- Lift and lower
- Knee to knee / Heal to heal
- Pulse
- Donkey Kick back
- Clam
- Lift leg Up
- Lift/lower bottom leg
- Circle Lower leg

Pelvic Lift

Melt down

Pelvic Pelvic

- Lift lower and lift each side
- Pulses
- Lift and lower heels

Pelvic Lift

- Lift and hold each leg

Figure 4 stretch