

## Feet to Hips Mat

Standing, lifting arches- ground evenly along 4 corners of feet

Standing Tendon Stretch- hands on top of head. Emphasize length between crown of head and toes

Single Leg Tendon Stretch

Supine- Flex & Point Whole Body Bounce

Hundred

Roll Up

Tree w/ flex/point and ankle circles

Single Leg Circle

Rolling like a ball- holding the feet

Ab series

Spine Stretch Forward

Open Leg Rocker

Corkscrew

Saw

Swan

Single Leg Kick

Double Leg Kick

Kneeling Chest Expansion

Thigh Stretch

Shoulder Bridge

Spine Twist

Side Kick Series- concentrate on bottom foot

- Front/Back
- Up/Down
- Circles
- Inner Thigh Lifts

Teaser

Swimming

Leg Pull Down (like Tendon Stretch)

Leg Pull Up (like Tendon Stretch)

Butterfly Stretch

Seal

Push Ups (like Tendon Stretch)

- Heels Lifted

Front Splits- Shift forward and back, add heel lift