

## Heat Up Your Hips

Shoulder Roll 3x

Standing Chest Expansion

Squat

Squat + Tendon Stretch

Hold Squat, Pulse Arms

Hundred

SemiCircle Shoulder Bridge

Roll Up

Floating Single Leg Circle

Hundred to Rolling Like A Ball transition

Rolling Like A Ball

Hundred- Single Leg Stretch

Double Leg Stretch

Single Straight Leg Stretch- Hands behind head

Double Straight Leg Stretch

Criss Cross- straight arm pulses

Spine Stretch Forward

Side Bend Hands Behind Head

Saw Hands Behind Head

Swan Straight Arm Slide

Bend Straight arms

Single Leg Kick

Dart

Plank

Single Leg Stretch/Single Leg Kick

Standing Split

Elephant Walk

Standing Gondola

- Straighten 3x
- Circle
- Hold with arms up

Standing Boomerang Stretch