

Posture Clinic - Full Body Connect

Roll Back	6x
The Hundred	100
Single Leg Circles	5x
Rolling Like a Ball	6x
Single Leg Stretch	5 sets
Double Leg Stretch	5x
Single Straight Leg Stretch	5 sets
Double Straight Leg Stretch	5x
Criss Cross	5 sets
Spine Stretch Forward	3x
Neck Roll	3x
Single Leg Kicks	5 sets
Leg Pull Front Prep	
Leg Pull Back Prep	3 sets
Mermaid/Side Bend	3 sets
Swimming	3 breaths
Seal	5x
Push Ups	3 sets of 3