

Aloha Flow 5 of 5 – Towel Mat

Rolling Back		Saw	2 sets
Back Arches		Swan	3x
Towel Around Feet - Rock		Single Leg Kick	10 sets
Head Lift	4x	Neck Pull	6x
Roll Up	9xx	Twist	3 sets
Arm Circle with torso		<u>Side Kicks:</u>	all 8x
Single Foot Circles		- Front/Back	
Single Leg Circle	5x	- Leg Pulse	
Rolling Like a Ball	3x	- Double Leg Lift	
Single Leg Stretch	5 sets	- Beats	
Double Leg Stretch	5x	- Leg and Torso Lift	
Single Straight Leg Stretch	5 sets	- Figure 8 Twist	
Double Straight Leg Stretch	5x	Teaser 2	3x
Criss Cross	2 sets	Teaser 1	3x
Pelvic Lift		Teaser Figure 8	2 sets
Spine Stretch Forward	3x	Rocking Prep	
Kathy Grant's Laterals	2 sets	Swimming	3 breaths
Laterals #2	3 sets	Plank or Cat	
Laterals #4 - Butterfly	3 sets		
Corkscrews			
-Part 1	3x		
-Add twist	2 sets		
-Upper body Corkscrew	1 set		
-All combined	2 sets		

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