

## Aloha Flow 3 of 5 - Variations II

Neck Pull	10x	Rowing into Teaser	3x
Scissors	6 sets	Rowing into Teaser 1	3x
Bicycle	5 sets	Swimming	3 breaths
Shoulder Bridge	5 kicks	Mermaid to Twist	1 set
Spine Twist	3 sets	Leg Pull Front	6 sets
Jackknife	6x	Leg Pull Back	6 sets
<u>Side Kicks:</u>	all 8x	Rocking Prep	
- Inner Thigh Lift		Plank	
- Up/Down			
- Double Leg Lift			
- Beats			
- Circles			
Figure 4 Stretch			