

Aloha Flow 1 of 5 - FUNdamentals

Head Lift	4x
Lift and Lower Leg (bent)	5x
Pistons	5x
Lift and Lower both	5x
Curl In	3x
Shoulder Bridge	3x
Shoulder Bridge add twist	3x
Roll Up (10 count)	1x
The Hundred	100
Roll Up	5x
Single Leg Circles	5x
Rolling Like a Ball	6x
Single Leg Stretch	10 sets
Double Leg Stretch	6x
Spine Stretch Forward	3x