

Aloha Flow 4 of 5 - Free Play

Windshield Wipers	3x	Plank	
Spiral Hips	3x	Plank with Twist	3x
Double Leg Lift	3x	Single Leg Kicks	5 sets
Scissor Kick	3x	Round Spine - to Lift Up	2x
Double Leg Stretch	6x	Hold Heal to backbend to	3x
Pelvic Lift	3x	kneel	
Roll Up Hold 1 Leg	3 sets	Side Stretch	1 set
Tree	1 set		
Inner Thigh Stretch Balance			
-Add rocking			
Cat/Cow	2x		
Push Ups Knees Down	3x		
-Lift one leg	8 sets		
Sweep one leg out	3x		
Kneeling Side Bend	3 sets		
Kneeling Side Kicks	All 3x		
Mermaid Sits	3x		
Hip Lift	All 3x		
-Lift top leg			
-Circles			
-Elbow back Thigh Forward			
Transitional Beats			
Lift leg and spiral back	2 sets		