

Pick Me Up Flow

3 big arm circles to start/each way

Leg Pull

walk out to plank: lower lift leg/ lift leg higher as you pull up-lower to plank/pulse to finish (3x)ea. leg

hips up stretch back/ lift leg/open hip stretch/switch/walk feet to hands

100s

Roll Like a Ball (3x)

Series of 5 (done seated)

- Single Leg Stretch
- Double Leg Stretch
- Single Straight Leg Stretch - transition to tree stretch forward on last 1
- Double Straight Leg- transition to twist upper body as legs do down
- Criss Cross

Spine Stretch Forward

Kneeling Side Kicks:

- Reach to tap (5)
- Lift Lower
- Circles
- Side plank
- Star
- Mermaid (transition through kneeling)