



Total Body Love

Sit No Hands

100s/ start at 90 degrees/ lower inhale/ exhale lift

Roll Up- knees bent/hands behind for 3/ full roll up for 3

Bridge/ legs glued together/ lift one leg squeeze in/ lift for 3x ea.leg

Roll Like a Ball

Single Leg Stretch

Double Leg Stretch to Teaser

Criss Cross/ bend to straight leg transition

Spine Stretch Forward- hands behind head/ extension on the roll up

Side Kicks- only in line w/body:

- lift/lower legs
- top leg only
- bottom leg only
- beats/scissors

Push Ups