

Vitality Mat

Standing

90 Degrees

-Front

-Side

Shoulder Rolls

Lift and Lower

Arm Circles

Flex hands

-add bending of arms

Lift and lower Single Leg

Seated in Chair

Lift and lower Single Leg

Hug

Side to Side

Twist

Stand

On Mat

Rollback

10, 10, 10

Single Leg Circle Prep

Rolling Like a Ball Prep

Single Leg Stretch

Double Leg Stretch

Spine Stretch Forward