

Full Body Activator

Stand and Touch Toes	
Breathe into the Mat	
Head up, March into The Hundred	100x
Roll Up	6x
Leg Circles	5x
Roll Like a Ball Prep	
Single Leg Stretch	5 sets
Double Leg Stretch	5x
Spine Stretch Forward	5x
Shoulder Bridge add Single Leg	5x
Figure 4 Stretch	
Hip Flexor Stretch Series	
<u>Standing Arm Series</u>	
- 90 Degrees Front & Side	7x
- Standing Curls	7x
- Shaving	7x
- Fencing	5 sets
2 x 4 - 1 Leg	2 each way
Towel Work	
Touch Toes, Roll Up, Balance on Releve	