

Energy Boost Flow

Sit Down No Hands		Pulling Straps	3x
Footwork		T	3x
The Hundred	100	Double Leg Kicks	2 sets
Roll Up	4x	Backstroke	4x
Single Leg Circles + Tree	5x	Reformer Teaser Combo	3x
Rolling Like a Ball	10x	Short Box Series	3 each
Single Leg Stretch	6 sets	Long Stretch - 1 leg lift	3 sets
Double Leg Stretch	6x	Elephant	3x
Single Straight Leg Stretch	6 sets	Arabesque 1 & 2	3 sets
Double Straight Leg Stretch	6x	Knee Stretches - Knees Off	10x
Criss Cross	6 sets	Kneeling Side Kicks	8x
Short Spine Massage	4 sets	Mermaid	3x
Coordination	4x	Seal	4x
Spine Stretch Forward	4x		
Open Leg Rocker	5x		
Teaser 1	2x		
Teaser 2	3x		
Saw	2 sets		
Swan	5x		

