

ADVANCED ORDER: ADD-INS

Hundred

Roll-up

Roll Over

One Leg Circle

Rolling like a Ball

Abdominal Series:

Single Leg Stretch

Double Leg Stretch

Single straight Leg stretch

Double Leg Lower and Lift

Criss Cross

Spine Stretch forward

Open Leg Rocker

CORKSCREW 111

Tick tock

Saw

Swan with Neck roll **GOAL POST ARMS**

SWAN DIVE

Single Leg Kick

Double Leg Kick

Rest Position

Neck Pull

Spine Twist

JACK KNIFE

Side Kick Series:

Front/Back

Up/Down

Passe

Circles

Inner thigh Lifts and Circles

HOT POTATO

SCISSORS

Bicycle

Beats on the Belly

Teaser 1

Teaser 2

Teaser 3

Can-Can **OR HIP CIRCLES**

Leg Pull Front

Leg Pull Back

**KNEELING SIDE KICK SERIES: FRONT/BACK
CIRCLES**

SIDE LIFT

BOOMERANG

Seal

Push-Up Series

**STAND AND TWIST
JUMPS**