

High Intermediate 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 2](#)

[Tick tock](#)

Saw

Swan with Neck roll

[Swan Dive Prep](#)

Single Leg Kick

Double Leg Kick

Rest Position

[Neck Pull](#)

Shoulder Bridge

[Spine Twist](#)

Side Kick Series:

Front/Back

Up/Down

Passe

Circles

Inner thigh Lifts and Circles

[Bicycle](#)

Beats on the Belly

[Teaser 1](#)

[Teaser 2](#)

[Teaser 3](#)

[Can-Can](#)

[Swimming](#)

[Leg Pull front](#)

[Leg Pull Back](#)

Mermaid Stretch

Seal

Push-Up Series