

WEEK 4

Hundred

Roll-Up

Tree

Stomach Series:

Single Leg Stretch

Double Leg Stretch

Double Leg Lift/Lower

Criss Cross

Side Leg Series:

Front/Back

Up/Down

Circles

Lower-Leg Lift

Lower-Leg Circles

Bicycle

Over the Rainbow

Double Leg Lifts

Shoulder Bridge

Swimming

Standing Footwork