

Fundamentals

Imprinting
Breathing
Iso-Abs
Clock Work
Rib Cage Arms
Head Nods
Neck Curls
Knee Folds
Leg Slides
Knee Spreads
Knee Sways
Seated Tracking
Flight
Goal Post Arms
Ab Prep
Ab Prep Rotate

Introductory

Reps.

<i>Hundred</i>	<i>100</i>
<i>Roll Up</i>	<i>5</i>
<i>One Leg Circle</i>	<i>5e</i>
<i>Rolling Like A Ball</i>	<i>6</i>
ABDOMINAL SERIES:	
<i>Single Leg Stretch</i>	<i>6</i>
<i>Double Leg Stretch</i>	<i>6</i>
<i>Spine Stretch</i>	<i>5</i>
<i>Saw</i>	<i>3e</i>
SIDE KICK SERIES:	
<i>Front & Back</i>	<i>5</i>
<i>Up & Down</i>	<i>5</i>
<i>Inner Thigh Lifts & Circles</i>	<i>5</i>
<i>Seal</i>	<i>6</i>