

<b>Level 2</b>	<b>Reps.</b>
<b>Hundred</b>	<b>100</b>
Roll Up	5
<b>Roll Over</b>	<b>3e</b>
One Leg Circle	5e
Rolling Like A Ball	8
ABDOMINAL SERIES:	
Single Leg Stretch	8
Double Leg Stretch	8
Single Straight Leg Stretch	8
Double Straight LLL	8
Criss Cross	8
<b>Spine Stretch</b>	<b>5</b>
<b>Open Leg Rocker</b>	<b>6</b>
Corkscrew I	4e
<b>Corkscrew II</b>	<b>2e</b>
<b>Saw</b>	<b>5e</b>
Swan I – Neck Roll	3
<b>Swan Dive – Prep</b>	<b>5</b>
<b>Single Leg Kick</b>	<b>3e</b>
<b>Double Leg Kick</b>	<b>3e</b>
Rest Position	1
<b>Neck Pull</b>	<b>3</b>
<b>Shoulder Bridge</b>	<b>3e</b>
<b>Spine Twist</b>	<b>3e</b>
SIDE KICK SERIES:	
Front & Back	8
Up & Down	5
<b>Passé</b>	<b>3e</b>
Circles	6
Inner Thigh Lifts & Circles	6
<b>Bicycle</b>	<b>3e</b>
Beats On Belly	8x3
<b>Teaser I</b>	<b>3</b>
<b>Teaser II</b>	<b>3</b>
<b>Teaser III</b>	<b>3</b>
<b>Can-Can</b>	<b>3e</b>
<b>Swimming</b>	<b>20</b>
<b>Leg Pull Front</b>	<b>3e</b>
<b>Leg Pull Back</b>	<b>3e</b>
<b>Mermaid Stretch</b>	<b>2-3e</b>
Seal	6-8
Push-Up Series	5x3