

| <b>Level 3</b>                    | <b>Reps.</b> |
|-----------------------------------|--------------|
| <b>Hundred</b>                    | <b>100</b>   |
| Roll Up                           | 5            |
| Roll Over                         | 3e           |
| One Leg Circle                    | 5e           |
| Rolling Like A Ball               | 8            |
| <b>ABDOMINAL SERIES:</b>          |              |
| Single Leg Stretch                | 10           |
| Double Leg Stretch                | 10           |
| Single Straight Leg Stretch       | 10           |
| Double Straight LLL               | 10           |
| Criss Cross                       | 10           |
| <b>Spine Stretch</b>              | <b>5</b>     |
| Open Leg Rocker                   | 8            |
| <b>Corkscrew I/II/III</b>         | <b>4e</b>    |
| <b>Saw</b>                        | <b>5e</b>    |
| Swan I – Neck Roll                | 3            |
| <b>Swan Dive</b>                  | <b>5</b>     |
| Single Leg Kick                   | 5e           |
| Double Leg Kick                   | 5e           |
| Rest Position                     | 1            |
| Neck Pull                         | 5            |
| Shoulder Bridge                   | 5e           |
| <b>Spine Twist</b>                | <b>4e</b>    |
| <b>Jack Knife</b>                 | <b>3</b>     |
| <b>SIDE KICK SERIES:</b>          |              |
| Front & Back                      | 10           |
| Up & Down                         | 10           |
| Passé                             | 3e           |
| Circles                           | 8            |
| Inner Thigh Lifts & Circles       | 8            |
| <b>Hot Potato</b>                 | <b>5to1</b>  |
| <b>Scissors</b>                   | <b>6</b>     |
| Bicycle                           | 3e           |
| Beats On Belly                    | 10x3         |
| Teaser I                          | 5            |
| Teaser II                         | 3            |
| Teaser III                        | 3            |
| <b>Hip Circles</b>                | <b>3e</b>    |
| Swimming                          | 20           |
| Leg Pull Front                    | 3e           |
| Leg Pull Back                     | 3e           |
| <b>KNEELING SIDE KICK SERIES:</b> |              |
| <b>Front &amp; Back</b>           | <b>5e</b>    |
| <b>Circles</b>                    | <b>5e</b>    |
| <b>Mermaid</b>                    | <b>3e</b>    |
| Boomerang                         | 3 sets       |
| Seal                              | 8            |
| Push-Up Series                    | 5x3          |
| <b>Stand &amp; Twist/Jumps</b>    | <b>3</b>     |