

01	Total Body		Jackknife	Boomerang		Roller With Legs Spread		One-Leg Rocker		
01	Total Body		Shoulder Bridge	Leg Pull	Bicycle	Scissors	02	Core	Straight-Leg Stretch	Single Leg Stretch
02	Core	Double Leg Stretch	Stretch Arm Forward		Spine Stretch Forward	The Hundred			Teaser 1	
02		Roll-up	Cross-cross	Hip Circle	Spine Twist Supine	Rolling Like a Ball				
02	Core	Seal	Rocking	Side Bend		Mermaid	Saw			
02		Core	Standing Saw	03	Inch	Swan Dive	Swimming	Double Leg Kicks		
04	Lower Body	Double Leg Stretch	Single Leg Circles	Side Leg Lift		Side Kicks-Circles	Side Kicks-Bicycle	Side Kicks-Up/Down		
04		Lower Body	Leg Pull Front	Single Leg Kicks	Jogging Knee-ups	Pelvic Curl	05	Upper Body	Push-up	

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