

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

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