

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

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**Julia Schneider**

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