

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

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