

01 Total body	Jackknife	Boomerang		Rollover 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 Core	Roll-up		Cross-cross	Wip Circle	Spine Twist Supine	Rolling Like a Ball	
02 Core	Seal	Rocking	Side Bend		Mermaid	Saw	
02 Core	Standing Saw		03 Back	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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