

Exercise	Notes
Standing hip stretches	
Leg ab/adduction	
Arm preps	
Coordination- single leg abduction with 3 levels of leg extension	
Short spine	
Long box On all fours- one leg abduction	
Swan dive	
Long stretch with leg abduction	

Down stretch with tricep focus	
Elephant- leg abduction	
Swakate	
Tricep extension into side kick kneeling	
Long back stretch	
Side splits	
Tendon stretch	
One leg tendon stretch	