

| Exercise  | Notes |
|---|-------|
| Shoulder bridge<br>Arms to ceiling<br>Elbows down<br>Hands down |       |
| Hamstring stretch<br>Flex up & rock                             |       |
| Rolling back from floor focus on<br>lifting hips                |       |
| Chest expansion- reverse 100                                    |       |
| Roll up   |       |
| One leg circle  |       |
| Open airways prep   |       |

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|--|--|
| Neck pull  |  |
| Shoulder bridge-feet together,<br>leg lifts              |  |
| Roll over  |  |
| Double leg stretch                                       |  |
| Rocker with open legs into<br>teaser                     |  |
| Spine stretch  |  |
| Control balance prep                                     |  |
| Jackknife  |  |
| Seated tricep stretch with<br>rotation & lateral flexion |  |

Clasp hands behind and flex & extend