

Exercise	Notes
Mat- High Kneeling Thigh stretch- Swimming arms Chest expansion w/ swan arms	
Side bend	
Shoulder bridge Arms wide, palms down	
Tree position & rolling back	
Footwork Lift & lower heels Tendon Stretch Single side	
KSG baby semicircle	
Overhead	

Coordination- head down	
High kneeling Double kick arms	
Down Stretch	
Combination	
Short Box Round Twist/lean	
Long Box Swan Prep	
Horseback	
Breaststroke	

Cat stretch	
Swan- celebration or killer!!!	
Standing roll down	