

Exercise	Notes
Lying supine Chest Openers	
100	
Shoulder Bridge	
Single Leg Stretch (head down)	
Double Leg Stretch (head down)	
Side Kicks- Hand press	

Spine Twist	
Roll Up	
Chest Expansion	
Thigh Stretch	
Gradual Extension	
Reverse 100	
Side Bend	

Shoulder Bridge (Back bend)	
Double Kick	
One Leg Kick	
Swan	