

FOUNDATIONS

INTERMEDIATE I

INTERMEDIATE II

ADVANCED

SUPER ADVANCED

Hundred

Roll Up

Roll Over

Single-Leg Circle

Rolling Like a Ball

Single Leg Pull

Double Leg Pull

Single Straight Leg Stretch

Double Straight Leg Stretch

Criss-Cross

Spine Stretch Forward

Open Leg Rocker

Closed Leg Rocker

Corkscrew

Saw

Swan

(Rest position)

Single Leg Kick

Double Leg Kick

(Rest position)

Thigh Stretch

Neck Pull

High Scissor

High Bicycle

Shoulder Bridge

Spine Twist

Jackknife

Side Kick Series

Front / Back

Up / Down

Small Circles

Big Circles

New Old Teaser

Teaser

Variation 1

– Upper Body

Variation 2

– Lower Body

Variation 3

– Whole Body

Hip Circles

Swimming

(Rest position)

Leg Pull Front

Leg Pull Back

Side Kicks Kneeling

Up Down

Circles

Bicycle

Side Bend

Boomerang

Seal

Crab

Rocking

Control Balance

Push-Up