

FOUNDATIONS

INTERMEDIATE I

INTERMEDIATE II

ADVANCED

SUPER ADVANCED

Footwork

Toes

Arches

Heels

Tendon Stretch

Hundred

Frogs & Circles*

Overhead

Coordination

Rowing

1

2

3

4

5 (Shaving)

6 (Hugs)

Long Box

Swan

Pull Straps

(T) Straps

Backstroke

Teaser

Breaststroke

Hamstring Curls

Horseback

Long Stretch Series

Long Stretch

Down Stretch

Up Stretch

Up Stretch Combo

Elephant

One Leg Elephant

Long Back Stretch

Stomach massage

Round

Hands back

Reach

Twist

Tendon Stretch

Tendon Stretch 1 leg

Tendon Stretch

Variations

Short Box

Round

Reach

Side to side

Twist

Tree

Elephant*

Short Spine

Semi-Circle

Headstand Front

Headstand Back
& Progressions

Chest Expansion

Thigh Stretch

Backbend

Arm Circles

Swakate

Snake / Twist

Snake and Twist
Variations

Headstand w/ Straps

Corkscrew

Tic Toc

Control Balance /
Off

Second Long Box

Grasshopper

Rocking

Swimming

Long Spine

Frogs & Circles

Mermaid

The High Bridge

Knee stretches

Round

Arched

Knees Off

Running

Pelvic Lift

Control Push Ups
Front

Control Push Ups
Back

Star

Side Splits

Front Splits

Russian Splits

Grande Ecarte

Gondola

Russian Squats

**Perform if only doing
the Foundation level.*