

Tabelle 1

Übungsname	Wiederholungen				
Hundred	10x Atemzüge, 100x Schläge				
Roll up	5				
One leg circle	5 each way				
Rolling like a ball	6-8				
stomach series					
Single leg stretch	6-10				
Double leg stretch	6-10				
scissor	6-10				
Low/lift	6-10				
Criss cross	6-10				
Spine stretch forward	5				
Open leg rocker prep	10sec. Hold				
Corkscrew I	2-4 each way				
Saw	3-5 each way				
Swan I neck roll	1-3				
Rest position	1				
Shoulder bridge prep	3-5				
Side kick serie					
front/back	5-10				
up/down	5				
circles	5-8				
Inner Thigh lift and circles	5-8				
Beats on Belly transition	8-10, 3 sets				
Teaser one leg	1-3 each				
Teaser I	3-5				
Swimming prep	2-3 each side				
Leg pull front support	10sec. halten				
Mermaid stretch	2-3 each side				
Seal	6-8				
Push up series	3-5, 3 sets				