



PRACTICE SEQUENCE

- ❖ **RELAX – FOCUS – BREATHE**
- ❖ **YES – NO – SHRUG**
- ❖ **CAT – COW**
- ❖ **FOLD**
- ❖ **LEAN LEFT RIGHT ARM UP**
- ❖ **LEAN RIGHT LEFT ARM UP**
- ❖ **TWIST LEFT AND RIGHT**
- ❖ **FOLD**
- ❖ **SWIM – CRAWL – BREAST STROKE – BACK STROKE – BACK STROKE DOG PADDLE**
- ❖ **FLY – SPREAD WINGS – PALMS UP & DOWN – HUMMINGBIRD**
- ❖ **FOLD**
- ❖ **BOXING – SPEED BAG – JABS – CROSS – UPPER CUTS**
- ❖ **LIFT WEIGHTS – RIGHT & LEFT LIFTS – CURL FRONT & BACK & SIDE**
- ❖ **FOLD**
- ❖ **SQUEEZE LEMON – PIANO – WAVE – WIG WAG – STEER**
- ❖ **ELEPHANT EARS – FLAP – CRUNCH – TO KNEES**
- ❖ **LEGS - MARCH – LIFT – SCISSORS –**
- ❖ **SIT TO STAND**
- ❖ **STANDING - ROUTINES**