

01	Jackknife	Boomerang	Roller With Legs Spread	One-Leg Rocker
Total body				
01	Shoulder Bridge	Leg Pull	Bicycle	Scissors
Total body				
02	Double Leg Stretch	Stretch Arm Forward	Spine Stretch Forward	The Hundred
Core				
02	Roll-up	Cross-press	Rip Circle	Spine Twist Supine
Core				
02	Seal	Rocking	Side Bend	Mermaid
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04	Leg Pull Front	Single Leg Kicks	Jogging Knee-ups	Pelvic Curl
Lower body				
05	Push-up			
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