



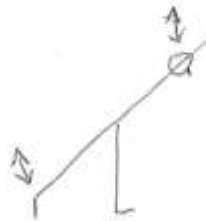
side twists  
warm up with  
various movements.



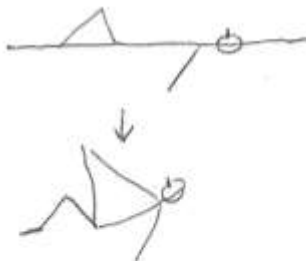
Squat down, rise up  
bring opposite knee to  
the elbow



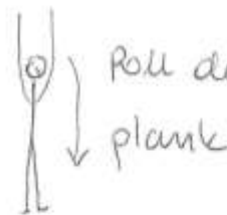
hip opening  
side and front



Forward tilt, hands up  
lifting and lowering back  
leg and upper body (1ft)



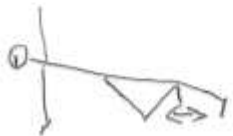
Diagonal get-up  
From lying down  
bring yourself up  
bring opposite arm  
to foot, stabilise on  
the other arm.



Roll down to  
plank



Rise up  
and reach  
high



Side plank - supported on the top leg  
bend the bottom leg to touch the knee.



swimming  
on belly



Side reach  
on belly



Hands reaching out and in on belly  
legs lifted



Bridges, smoothly  
Lift and lower hips



one leg lifted Bridges  
- keep arms pressing down  
and leg upright.



Knee to the opposite elbow in plank.



Lying on the side, feet together, bend in hip joint and reach hand to feet, other hand supporting



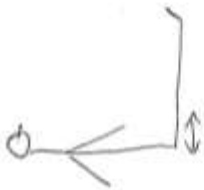
Opposite knee to the opposite elbow other leg lifted and straight.



Lift trunk and clap hands behind thighs.



Side hip lift (few inches up and down)



Lying down - leg raised, lift hips up and lower down, press arms into floor.



Start from knees close to trunk expand legs out and hands away then bring them in.



Lying on side - legs together, lift and lower, then hold up and make walking movement.



Lying in V shape passing the object under one leg while the other is straight and change immediately



Start with legs straight sitting on one hip, bring legs in and reach hand to the toes