

|                      |                          |                    |                   |                    |
|----------------------|--------------------------|--------------------|-------------------|--------------------|
| <b>B</b>             | <b>I</b>                 | <b>N</b>           | <b>G</b>          | <b>O</b>           |
| Squat<br>and<br>Hold | 1-Leg<br>Downward<br>Dog | Cobra<br>Pose      | Plank             | Hydration<br>Break |
| Butterfly<br>Stretch | Sit and<br>Reach         | One Leg<br>In/Out  | Airplane<br>Pose  | Plank              |
| Sit Ups              | Squats                   | <b>FREE</b>        | Arm<br>Rotation   | Downward<br>Dog    |
| Half<br>Cobra        | Shoulder<br>Rolls        | Hydration<br>Break | Deep<br>Breathing | Jumping<br>Jacks   |
| Deep<br>Breathing    | Butterfly<br>Stretch     | One-Leg<br>Balance | Stradle           | Chair<br>Pose      |

| <b>B</b>        | <b>I</b>        | <b>N</b>        | <b>G</b>          | <b>O</b>           |
|-----------------|-----------------|-----------------|-------------------|--------------------|
| Squats          | Airplane Pose   | Plank           | Butterfly Stretch | One Leg In/Out     |
| Cobra Pose      | Stradle         | Hydration Break | Butterfly Stretch | Plank              |
| Half Cobra      | Arm Rotation    | <b>FREE</b>     | Downward Dog      | 1-Leg Downward Dog |
| Deep Breathing  | One-Leg Balance | Squat and Hold  | Chair Pose        | Shoulder Rolls     |
| Hydration Break | Jumping Jacks   | Sit Ups         | Sit and Reach     | Deep Breathing     |

|                   |                    |                 |                   |                 |
|-------------------|--------------------|-----------------|-------------------|-----------------|
| <b>B</b>          | <b>I</b>           | <b>N</b>        | <b>G</b>          | <b>O</b>        |
| Butterfly Stretch | One-Leg Balance    | Airplane Pose   | Jumping Jacks     | Arm Rotation    |
| Squat and Hold    | Half Cobra         | Hydration Break | Sit and Reach     | Hydration Break |
| Sit Ups           | Chair Pose         | <b>FREE</b>     | Shoulder Rolls    | Deep Breathing  |
| Squats            | Plank              | Plank           | Stradle           | Cobra Pose      |
| Downward Dog      | 1-Leg Downward Dog | One Leg In/Out  | Butterfly Stretch | Deep Breathing  |