

| <b>B</b>                           | <b>I</b>                     | <b>N</b>                         | <b>G</b>                         | <b>O</b>                   |
|------------------------------------|------------------------------|----------------------------------|----------------------------------|----------------------------|
| 8 RL Slider Splits                 | 10 Arm Circles On Each Arm   | 2 RL Split Jumps                 | 6 Shoulder Stretches With Slider | 4 Needle Kicks On Each Leg |
| 10 Side Lunges                     | 8 LL Slider Splits           | 6 Kneeling Bridges               | 10 Laying Down Kicks On Each Leg | 8 Bridge Rockers           |
| 8 Side Kicks On Each Leg           | 10 Lunge Bounces On Each Leg | 4 Bridge Claps With Hands & Feet | 4 Bridge Downs                   | 6 Up Up Down Down RL Split |
| 4 Elbow Elbow Hand Hands Mid Split | 6 Middle Split Push-Ups      | 2 Standing Ring Kicks            | 4 Standing Pike Stretches        | 10 Seal Stretches          |
| 6 Up Up Down Down LL Split         | 2 LL Split Jumps             | 8 Sitting Pike Stretches         | 2 Pike Jumps                     | 2 Straddle Jumps           |

| <b>B</b>                           | <b>I</b>                     | <b>N</b>                         | <b>G</b>                         | <b>O</b>                         |
|------------------------------------|------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 8 Side Kicks On Each Leg           | 10 Lunge Bounces On Each Leg | 8 Bridge Rockers                 | 10 Laying Down Kicks On Each Leg | 10 Seal Stretches                |
| 2 Pike Jumps                       | 6 Up Up Down Down RL Split   | 4 Bridge Claps With Hands & Feet | 4 Needle Kicks On Each Leg       | 6 Middle Split Push-Ups          |
| 10 Side Lunges                     | 2 RL Split Jumps             | 6 Kneeling Bridges               | 4 Standing Pike Stretches        | 8 RL Slider Splits               |
| 4 Elbow Elbow Hand Hands Mid Split | 2 LL Split Jumps             | 8 LL Slider Splits               | 2 Standing Ring Kicks            | 6 Shoulder Stretches With Slider |
| 6 Up Up Down Down LL Split         | 8 Sitting Pike Stretches     | 2 Straddle Jumps                 | 10 Arm Circles On Each Arm       | 4 Bridge Downs                   |

| <b>B</b>                                    | <b>I</b>                            | <b>N</b>                               | <b>G</b>                                  | <b>O</b>                            |
|---------------------------------------------|-------------------------------------|----------------------------------------|-------------------------------------------|-------------------------------------|
| 6 Up Up<br>Down<br>Down RL<br>Split         | 4<br>Standing<br>Pike<br>Stretches  | 2 LL<br>Split<br>Jumps                 | 2 Pike<br>Jumps                           | 2<br>Standing<br>Ring<br>Kicks      |
| 10 Seal<br>Stretches                        | 2<br>Straddle<br>Jumps              | 10 Side<br>Lunges                      | 4 Bridge<br>Claps With<br>Hands &<br>Feet | 8 RL<br>Slider<br>Splits            |
| 4 Elbow<br>Elbow Hand<br>Hands Mid<br>Split | 6 Up Up<br>Down<br>Down LL<br>Split | 6<br>Kneeling<br>Bridges               | 10 Lunge<br>Bounces<br>On Each<br>Leg     | 8 LL<br>Slider<br>Splits            |
| 8 Side<br>Kicks On<br>Each Leg              | 6 Middle<br>Split<br>Push-Ups       | 8 Sitting<br>Pike<br>Stretches         | 10 Laying<br>Down<br>Kicks On<br>Each Leg | 10 Arm<br>Circles<br>On Each<br>Arm |
| 4 Bridge<br>Downs                           | 8 Bridge<br>Rockers                 | 6 Shoulder<br>Stretches<br>With Slider | 2 RL<br>Split<br>Jumps                    | 4 Needle<br>Kicks On<br>Each Leg    |