

## LUMBAR LOVE

- 01 GOOD MORNINGS
- 02 ROCK THE CRADLE
- 03 CROUCHING TIGER
- 04 BLOW OUT THE CANDLE
- 05 HAPPY BABY POSE ISO
- 06 SPINAL ROLL UPS
- 07 LOTUS ROLL UPS
- 08 NAVASANA ROWBOATS

## HIP HAPPY

- 01 HIP HOPS
- 02 LATERAL HIPS
- 03 HULA HIPS
- 04 HIP ROCKERS
- 05 FIGURE 4 ISO
- 06 FIGURE 0 ISO
- 07 FIGURE 8 ISO
- 08 BALANCING STICK ISO

## BACK BENDING

- 01 CAMEL ISO
- 02 COBRA ISO
- 03 SUPERMAN ISO
- 04 BANANA ISO
- 05 GLASS WALLS
- 06 CHAIR POSE
- 07 WATER SKIING
- 08 BACK BEND ISO

## THORAX THEATRE

- 01 THOR AXES
- 02 THOR HAMMERS
- 03 THOR PISTOLS
- 04 HIGH ROWS
- 05 LOW ROWS
- 06 REAR ELBOW KNOCKOUTS
- 07 SIDE ELBOW JABS 8 per side
- 08 THORQUE CONVERTERS

## SQUAT SEQUENCE

- 01 HEEL LIFTS
- 02 QUAD DIPS ISO
- 03 FLAMINGO DIPS
- 04 DOUBLE ORBITS
- 05 HAMSTRING EXTENSIONS
- 06 WALL SLIDES
- 07 PLIE SQUATS
- 08 DEEP SQUATS

## FORWARD BENDING

- 01 PIGEON POSE ISO
- 02 BUTTERFLY BEND ISO
- 03 CHALANASANA
- 04 HALF SPINAL TWIST ISO
- 05 REVERSE ARM TWIST
- 06 PYRAMID POSE ISO
- 07 WARRIOR ONE
- 08 WARRIOR TWO