

## **Week 5**

Hundred  
Roll up  
Tree

### Stomach Series:

Single Leg Stretch  
Double Leg Stretch  
Double Leg Lift/Lower  
Criss Cross

### Sidekicks

Front/Back  
Up/Down  
Circles  
Lower-Leg Lift  
Lower-Leg Circles  
Bicycle  
Over the Rainbow  
Double Leg Lifts

Shoulder Bridge  
Swimming  
Standing Footwork