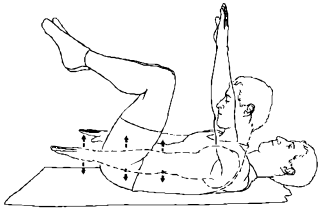


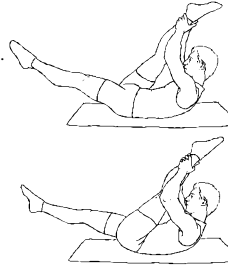
INTERMEDIATE - 1 The Hundred



Lie on back, legs up, bent, arms toward ceiling. Exhale, pressing arms down to sides, curling up head and upper torso. Hold. Pump arms in small flutters up and down. \_\_\_\_\_ pumps per inhale, \_\_\_\_\_ pumps per exhale. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

INTERMEDIATE - 8 Scissor (Intermediate / Advanced)

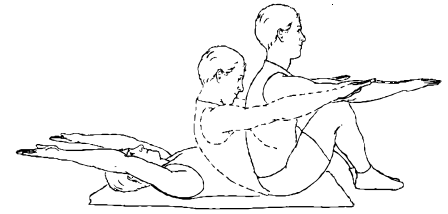
Lie on back, legs straight up. Round up torso, reach up and hold ankle. Lower other leg to 45°. Exhale, pulling gently on leg twice. Inhale, switching legs.



Repeat \_\_\_\_\_ times, alternating legs. Do \_\_\_\_\_ sessions per day.

*NOTE: Keep navel to spine, back flat.*

INTERMEDIATE - 2 Roll-Up



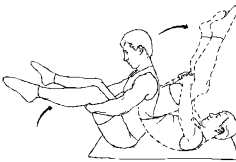
Lie on back, legs bent, arms over head. Exhale, bringing arms forward, curling up from top of spine. Inhale, sitting up straight. Exhale, rolling slowly back down.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

*NOTE: Hold onto thighs, if necessary.*

INTERMEDIATE - 13 Open Leg Rocker (Intermediate / Advanced)

Sit straight, hands under thighs, legs hip width apart. Press navel to spine and lean back to balance on seat, legs bent in air. Exhale, rounding spine and head. Inhale, rolling to bottom of shoulder blades. Exhale, returning to balance with rounded spine.



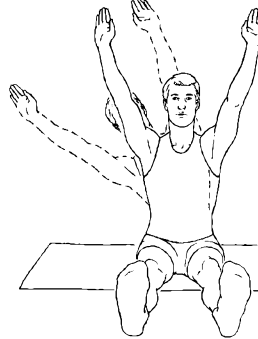
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

*ADVANCED: With legs extended, hold ankles.*



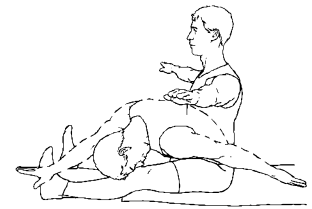
INTERMEDIATE - 28 Parallel Side Lean

Sit straight, arms and legs extended, palms forward, feet flexed. Exhale, leaning to side, both hips on mat. Inhale, returning.



Repeat \_\_\_\_\_ times, alternating sides. Do \_\_\_\_\_ sessions per day.

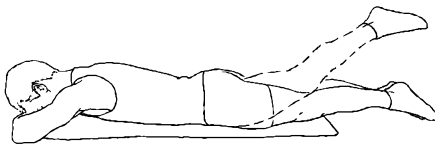
INTERMEDIATE - 16 Saw



Sit up straight, legs open slightly wider than hips. Extend arms to side, flex feet. Inhale, twisting to side. Exhale, rounding spine over leg, reach opposite hand toward outside of foot, other arm back, palm up.

Repeat \_\_\_\_\_ times, alternating sides. Do \_\_\_\_\_ sessions per day.

INTERMEDIATE - 17 Prone Single Leg Raise

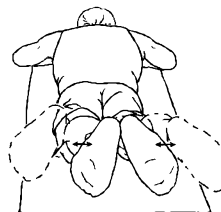


Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg.

Repeat \_\_\_\_\_ times, alternating legs. Do \_\_\_\_\_ sessions per day.

INTERMEDIATE - 19 Prone Leg Beats

Lie on stomach, forehead on hands. Exhale, raising legs, slightly turned out. Inhale, beating heels together for \_\_\_\_\_ small beats. Exhale, lowering legs.



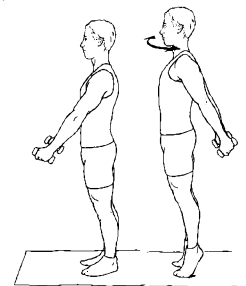
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

STANDING - 2 Chest Expansion

Stand, feet slightly turned out, heels together, arms forward. Inhale, pulling straight arms behind body and rising on toes. Pinch shoulder blades together, fully stretching chest. Turn head right then left. Exhale on return.

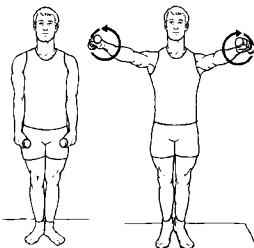
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

\_\_\_\_ Use small hand weights.  
 \_\_\_\_ Use elastic band.



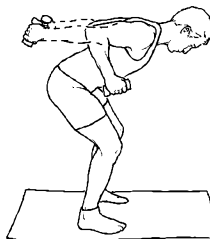
STANDING - 3 Small Arm Circles

Stand with feet slightly turned out, heels together, arms at sides. Inhale, rising on toes and raising straight arms on slight diagonal to shoulder height. On toes, make small circles.



Exhale \_\_\_\_\_ circles one direction. Inhale. Exhale \_\_\_\_\_ circles other direction. Do \_\_\_\_\_ sessions per day.

STANDING - 5 Triceps Extension

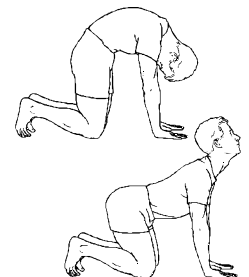


Stand with feet parallel, hip width apart, knees slightly bent. Bend to 90°, arms bent, elbows by ribs. Exhale, extending arms straight back. Inhale, bending arms back.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.



Hold for \_\_\_\_\_ breaths.