

FITFLOAT POSTURE POWER*SEATED PHASE*

1. Neck Rolls
2. Shoulder, Elbow, arm Rolls
3. Boat to back rocks
4. Supine Twist
5. Hip Lifts

SUPINE PHASE

1. Single Leg Lifts (knees bent or straight). X5 each side
2. Alternating Leg Lifts (R leg up, L leg up, R leg down, L leg down). X5 each side
3. Double Leg Lifts X5
4. Upper body crunches (knees bent, feet on float) X5
5. Full body crunches (upper and lower body lift) X5
6. Hundred (breathe in 5, breathe out 5 to 100)
7. Roll backs. Sitting up with knees bent, hold behind knees, roll back till arms are straight, roll back up. X5
8. Roll downs OR Full Rolls. Roll to floor with knees bent or legs straight and arms reaching forward, roll back up. X5
9. Single Leg Circles. Lying on back, lift right leg to ceiling and circle 5 times one way, and 5 times the other way. If flexibility is limited keep left knee bent. Repeat with left leg.
10. Roll like a ball. X10
11. Single Leg Stretch. Lying on back bend right knee to chest, stretch left leg out, hold bent knee with both hands, then switch legs. Head/shoulders lifted. X10
12. Double Leg Stretch. Starting with both knees bent into chest, holding shins, reach both arms and legs out, and then pull knees back to chest. Head/shoulders lifted. X10
13. Scissors. Lift both legs to ceiling, hold right leg with both hands, while keeping legs straight, stretch right leg towards you twice, and then switch legs. X10
14. Spine Stretch Forward. Sit with legs spread apart, reach arms forward, bend forward rounding back, then roll up to straight back. X5
15. Open Leg Rocker. Lift both legs in air, like a "V" and hold ankles with hands. Rock back and forth 5 times.
16. Saw. Sit with legs apart and stretch arms to the side, flex feet, twist to the right and extend the left hand to the right foot, pulsing 3 times with the stretch, sit up and repeat on other side. Repeat both sides X5.
17. Corkscrew. Lying on back, both legs in air draw a circle in the air with both legs; turning clockwise, then counterclockwise. X3 both directions.

TABLE (ALL FOURS) & PRONE

1. Donkey Kicks X5 each side
2. Fire Hydrants X5 each side
3. Single Leg Kicks (Prone). Lying on stomach, lift up onto elbows, legs extended on the floor. Bend one knee in toward buttocks, then bend the other leg. X5 each side.
4. Double Leg Kicks (Prone). Lying on front, hold hands behind waist, kick buttocks with both feet 5 times, then stretch legs and lift chest, pulling arms back (like locust pose).

SIDE LYING PHASE: 10 MINUTES

1. Move through entire sequence one side, then switch sides
2. Side Kicks 1: Up/Down Low. Lying on right side, supporting head with hand, lift and lower left leg, extending out of pelvis. X10 each side
3. Side Kicks 2: Up/Down High. Big kicks up and down to the ceiling, keep hips quiet, turning the kicking leg out. X10 each side
4. Side Lying Little Circles: Top leg does 8 small circles forward, then 8 small circles back. Switch sides.
5. Side Lying Inner Circles. Bend top leg in front and lift the lower leg up and down and repeat 8 times. Then circle leg 8 times clockwise and then 8 times anti-clockwise.
6. Double Side Lifts. Lifting both legs sideways. X5
7. Little Beats (Prone/Transition). Lying on stomach with head resting on hands, lift both legs up and beat heels together 24 times.

CLOSING PHASE. SEATED/SUPINE: 10 MINUTES

1. Seated Forward Fold
2. Bridge Pose
3. Knees to Chest
4. Spinal Twist