

ESSENTIAL

<p><sup>1</sup> BREATHING</p>	<p>SPINAL ROTATION <sup>5</sup></p>
<p><sup>2</sup> PELVIC ALIGNMENT -  &amp; CORE PRINCIPLES 1.  2.  3. 4.</p>	<p>CAT STRETCH <sup>6</sup></p>
<p><sup>3</sup> IMPRINT (ELASTICS)</p>	<p>HIP ROLLS <sup>7</sup></p>
<p><sup>4</sup> HIP RELEASE</p>	<p>SCAPULA ISOLATION <sup>8</sup></p>

## ESSENTIAL

<sup>9</sup> ARM CIRCLES	BREAST STROKE PREP #1 “sphinx” <span style="float: right;">13</span>
<sup>10</sup> HEAD NODS	BREAST STROKE PREP #2 “superman” <span style="float: right;">14</span>
<sup>11</sup> ELEVATION & DEPRESSION OF SCAPULA	BREAST STROKE PREP #3 “hand-to-forehead” <span style="float: right;">15</span>
<sup>12</sup> AB PREP	SHELL STRETCH <span style="float: right;">16</span>

## ESSENTIAL

17 HUNDRED	SPINE TWIST 21
18 HALF ROLL BACK	ROLLING LIKE A BALL 22
19 ROLL UP	SINGLE LEG STRETCH 23
20 ONE LEG CIRCLE	OBLIQUES 24

## ESSENTIAL

25 DOUBLE LEG STRETCH	HEEL SQUEEZE PRONE 29
26 SCISSORS	ONE LEG KICK PREP 30
27 SHOULDER BRIDGE PREP	BREAST STROKE 31
28 ROLL OVER PREP	SHELL STRETCH 32

## ESSENTIAL

33 SAW	SIDE LEG LIFT SERIES 1 37
34 NECK PULL PREP	SIDE LEG LIFT SERIES 2 38
35 OBLIQUES ROLL BACK	SIDE LEG LIFT SERIES 3 39
36 SIDE KICK	SIDE LEG LIFT SERIES 4 40

## ESSENTIAL

41 SIDE LEG LIFT SERIES 5	SWAN DIVE PREP 45
42 SPINE STRETCH FORWARD	SWIMMING PREP-PREP 46
43 TEASER PREP	SWIMMING PREP 47
44 SINGLE LEG EXTENSION	SHELL STRETCH 48

## ESSENTIAL

49 LEG PULL FRONT PREP	MERMAID STRETCH 53
50 SEAL	STANDING ROLL UP 54
51 SIDE BEND PREP & PREP-PREP	MULTIFIDUS 55
52 PUSH UP PREP	KNEE LIFT 56

## ESSENTIAL

57 KNEE FALL OUT	61
58 HIP STRETCH LUNGE	62
59 GLUT STRETCH	63
60 HAMSTRING ENGAGE AND STRETCH	64

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