

Beginner



Day 1

Roll Down \times 3 (page 53)
Swimming into Back Extension: 4 \times 10 paddles, plus 2 Back Extensions (page 66)
Leg Pull Front / Plank (page 69)
Extended Child's Pose (page 85)
Side Kick 1 \times 10 each side (page 86)
Clam: up to 16 each side (page 98)
Single Knee Folds \times 4 each side (page 104)
Neck Curl Ups \times 6 (page 115)
Shoulder Bridge \times 8 (page 125)
Roll Back \times 8 (page 141)
Rolling Like A Ball \times 8 (page 139)
Hip Rolls \times 2 each side (page 160)
Full Body Stretch

Day 2

Roll Down \times 3 (page 53)
Ankle Mobility \times 6 each way, plus 6 \times point and flex (page 107)
Single Knee Folds \times 4 each side (page 104)
The Hundred (preparation) \times 2 (page 116)
The Hundred (page 118)
Shoulder Bridge, plus progression with arms \times 8 (page 126)
Side Kick 2 + Inner Thigh \times 10 each side (page 90)
Chest Opener \times 6 each side (page 103)
Superman \times 5 each side (page 62)
Extended Child's Pose (page 85)

Day 3

Roll Down \times 1 (page 53)
Push Up from Standing: 2 sets \times 3 Push Ups (page 78)
Swan Dive \times 6 (page 60)
Outer and Inner Thigh Lifts \times 16 each side (page 99)
Single Leg Stretch: aim for 20 in total, alternating legs (page 120)
Hip Circles with Dyna-Band™ \times 4 rotations each way and with both legs (page 133)
Roll Up with Dyna-Band™ \times 6 (page 144)
Spine Twist \times 3 each side (page 155)
Full Body Stretch

Day 4

Roll Down \times 3 (page 53)
Dart with Triceps \times 6 (page 64)
Cat Stretch (page 82)
Single Leg Kick \times 8 in total alternating legs (page 74)
Side Kick 1 \times 10 each side (page 86)
Clam: up to 16 on each side (page 98)
Neck Curl Ups \times 6 (page 115)
Single Knee Folds \times 4 each side (page 104)
Scissors: up to 16 in total, alternating legs (page 137)
Rolling Like A Ball \times 10 (page 139)
Criss-Cross \times 10 (page 147)
Full Body Stretch

Day 5

Roll Down \times 3 (page 53)
Shoulder Stability, plus Arm Circles \times 6 of each (page 108)
Single Knee Folds \times 4 each side (page 104)
Dead Bug \times 8 each side (page 113)
Half-Teaser \times 6 (page 151)
Side Kick 2 + Inner Thigh \times 10 each side (page 90)
Rotational Cat \times 6 each side (page 72)
Leg Pull Front / Plank, modify 2 version (page 69)
Extended Child's Pose (page 85)

Intermediate



Day 1

Roll Down \times 3 (page 53)

Swimming into Back Extension: 4 \times 10 paddles, plus 4 Back Extensions (page 66)

Leg Pull Front / Plank, modify 1 version (page 69)

Extended Child's Pose (page 85)

Side Kick 1 \times 10 each side (page 86)

Clam \times 16 each side (page 96)

Single Knee Folds \times 4 each side (page 104)

Neck Curl Ups \times 6 (page 115)

Single Leg Stretch: aim for 20 in total, alternating legs (page 120)

Shoulder Bridge \times 10 (page 125)

Hip Rolls \times 2 each side (page 60)

Full Body Stretch

Day 2

Roll Down \times 3 (page 53)

Ankle Mobility \times 6 each way, plus 6 \times point and flex (page 107)

Double Knee Fold \times 6 in total, alternating legs (page 105)

The Hundred (preparation) \times 2 (page 116)

The Hundred (page 118)

Shoulder Bridge (intermediate) \times 6 (page 127)

Side Kick 2 + Inner Thigh \times 10 each side (page 90)

Chest Opener \times 6 each side (page 103)

Superman \times 5 each side (page 62)

Extended Child's Pose (page 85)

Day 3

Roll Down \times 1 (page 53)

Push Up from Standing – 2 sets \times 3 Push Ups (page 78)

Swan Dive \times 6 (page 60)

Cat Stretch (page 82)

Outer and Inner Thigh Lifts \times 16 both sides (page 99)

The Hundred (preparation) \times 2 (page 116)

Double Leg Stretch \times 10 (page 122)

Hip Circles \times 4 each way on both sides (page 132)

Roll Up, plus Spinal Stretch \times 8 (page 142)

Spine Twist \times 3 each side (page 155)

Full Body Stretch

Day 4

Roll Down \times 1 (page 53)

Dart with Triceps plus weights (optional) \times 4 reps with weights (6 without) (page 64)

Double Leg Kick \times 6 (page 76)

Cat Stretch (page 82)

Side Kick 3 into Torpedo \times 10 on both sides (page 92)

The Hundred (preparation) \times 2 (page 116)

Scissors \times 16 in total, alternating legs (page 137)

Single Leg Bridge \times 3 each side (page 130)

Rolling Like A Ball \times 10 (page 139)

Criss-Cross \times 10 in total, alternating elbow to knee (page 147)

Full Body Stretch

Day 5

Roll Down \times 3 (page 53)

Shoulder Stability, plus Arm Circles \times 6 of each (page 108)

Single Knee Fold \times 4 each side (page 104)

Dead Bug with weights (optional) \times 8 each side (page 113)

Reverse Leg Pull \times 4 (page 134)

Teaser \times 6 (page 149)

Side Kick 4, plus hamstring \times 10 on both sides (page 94)

Rotational Cat \times 6 each side (page 72)

Leg Pull Front / Plank (page 69)

Extended Child's Pose (page 85)

Advanced



Day 1

Roll Down \times 3 (page 53)

Swimming into Back Extension: 4 \times 10 paddles, 4 Back Extensions (page 66)

Front Leg Pull / Plank \times 6 leg raises in total alternating legs (page 69)

Side Kick 3 into Torpedo using hand weights (optional) \times 10 on both sides (page 92)

Clam, feet lifted \times 10 on each side (page 98)

Single Knee Fold \times 4 each side (page 104)

The Hundred (preparation) \times 2 (page 116)

The Hundred, legs extended (page 119)

Shoulder Bridge \times 10 (page 125)

Hip Rolls \times 2 each side (page 160)

Full Body Stretch

Day 2

Roll Down into Push Up from Standing \times 3 with 3 Push Ups each time (page 78)

Ankle Mobility \times 6 each way, plus 6 \times point and flex (page 107)

Double Knee Fold \times 8 in total, alternating legs (page 105)

The Hundred (preparation) \times 2 (page 116)

Double Leg Stretch \times 10 (page 122)

Shoulder Bridge (advanced) \times 4 each side (page 129)

Side Kick 2, plus inner thigh \times 10 each side (page 90)

Chest Opener \times 6 each side (page 103)

Superman \times 10 (page 62)

Extended Child's Pose (page 85)

The Saw \times 3 each side (page 153)

Day 3

Roll Down \times 3 with progressions (page 53)

Dart with triceps plus weights \times 6 (page 64)

Outer and Inner Thigh Lifts \times 16 each side (page 99)

The Hundred (preparation) \times 2 (page 116)

The Hundred, legs extended (page 119)

Hip Circles \times 4 each way on both sides (page 132)

Roll Up, plus Spinal Stretch \times 10 (page 142)

Reverse Leg Pull \times 6 with 3 Leg Raises each side (page 134)

Spine Twist \times 3 each side (page 155)

Full Body Stretch

Day 4

Roll Down \times 1 (page 53)

Swan Dive \times 8 (page 60)

Cat Stretch into Down Dog (page 83)

Double Leg Kick \times 8 (page 76)

Side Bend \times 4, plus 'thread the needle' each side (page 96)

Clam, feet lifted \times 10 and pulse \times 10 each side (page 89)

Scissors \times 16 in total, alternating legs (page 137)

Single Leg Bridge \times 3 on each leg (page 130)

Rolling Like A Ball \times 10 feet off the floor (page 139)

Hip Twist with stretched arms \times 4 each way (page 145)

Full Body Stretch

Day 5

Roll Down \times 3 (page 53)

Shoulder Stability, plus Arm Circles with weights \times 4 of each (page 108)

Double Knee Fold \times 4 each side (page 105)

Dead Bug with weights \times 4 each side (page 113)

Criss-Cross \times 10 alternating elbow to knee (page 147)

Teaser \times 10 (page 149)

Side Kick 4 + Hamstring Stretch \times 10 each side (page 94)

Rotational Cat \times 6 each side (page 72)

Front Leg Pull / Plank (page 69)

Cobra Stretch (page 87)

Extended Child's Pose (page 85)