

- 1 - Neck
- 2 - Wrists
- 3 - Arm down back.
- 4 - Arm up back.
- 5 - Shoulders/windmill
- 6 - Knees/rotations
- 7 - Legs/glide
- 8 - 1 leg out/side ninja
- 9 - Half spinal twist
- 10 - Keri against the floor
- 11 - Upward facing dog/child's pose
- 12 - Kneeling bridge/back bend
- 13 - Butterfly/hips
- 14 - Splits
- 15 - Ankle rotations