



# Flow Routine

5 exercises, 5 repetitions of each

Warm Up, Set 1 (on back), Set 2 (on side), Set 3 (on front), Cool Down

## ***Warm Up***

- Leg front slides
- Leg twists
- Leg out slides
- Arms reach up
- Arm Windmills

## ***Set 1 – on Back Position***

- Leg Lifts
- Ab Crunch side
- Ab Crunch middle
- Bicycle Crunch
- V Crunch Hold

## ***Set 2 – on Side Position***

- Side Plank Clam
- Leg Lifts
- Leg Circles
- Neck Stretches
- repeat on other side
- Arm Circles



# Flow Routine cont.

## ***Set 3 – on Front Position***

- Peeing Dog
- Donkey Kick Back
- Mountain Climber
- Plank
- Super Man

## ***Cool Down***

- Cat Stretch
- Scissor Stretch
- Childs Pose
- Spider Hands
- Roll Down