



1. **Abdominal Breath Check (5X)**
2. **Foot Pedals/Toe Flex/Toe Spread (5X)**
3. **Ankle Tilts (5X Each Direction)**
4. **Ankle Circles (5X Each Direction)**
5. **Alternate Leg Raises (3X Each Leg)**
6. **Egg Rolls (5X)**
7. **Thigh Rolls (3X Each Side)**
8. **Baby Rolls + Leg Extension (3X Each Side)**
9. **Skydiver Rolls (5X)**
10. **Press Ups (5X)**
11. **Rocking-Toes Down (5X)**
12. **Rocking-Toes Up (5X)**
13. **Crawl-Knees Down (6X)**
14. **Crawl-Knees Up (6X)**
15. **Crawl-Knees Up Position to Baby Sit (6X)**
16. **Back Reach (6X)**
17. **Z Sit (6X)**
18. **Down Dog/Leg Reach/Tripod Bridge (4X)**
19. **Bear Crawl (6X)**
20. **Low Squat to Stand (1X)**
21. **Abdominal Breath Reset (3X)**

* *By Ron Jones, MS, Historical Kinesiologist, Physical Educator*