

The hundred (start met 20 en bouw op tot 100)

The Roll Up (3x)

The Roll Over (5x elke kant)

The One Leg Circle (5x elk been)

Rolling Back (6x)

The One Leg Stretch (5x elk been en bouw op tot 12x elk been)

The Double Leg Stretch (6x en bouw op tot 12x)

The Spine Stretch (3x)

Rocker With Open Legs (6x)

The Cork-Screw (3x elk)

The Saw (3x elk kant)

The Swan dive (6x)

The One Leg Kick (6x elk been)

The Double Kick (5x)

The Neck Pull (3x)

The Scissors (6x)

The Bicycle (5x elk been)

The Schouder Bridge (3x links en rechts)

The Spine Twist (3x links en rechts)

The Jack Knife (3x)

The Side Kick (3x links en rechts)

The Teaser (3x)

The Hip Twist With Stretched Arms (3x elke kant)

Swimming (10 mental counts)

The Leg-Pull-Front (3x links en rechts)

The Leg-Pull (3x links en rechts)

The Side Kick Kneeling (4x elke kant)

The Side Bend (3x elke kant)

The Boomerang (6x)

The Seal (6x)

The Crab (6x)

The Rocking (5x)

The Balance Control (6x elk been)

The Push Up (3x)