**Hundred**s – On back, hips/knees bent 90 degrees, arms by trunk, palms down; curl torso up, extend legs to 45 degrees, pumping arms up and down; **inhale** 5 counts, **exhale** 5 counts

**Roll up** – On back, arms extended by ears, flexed feet; **inhale**, raise arms and curl torso forward; **exhale**, continue reaching toward feet; **inhale**, sit upright; **exhale**, roll back

**Leg Circles** – On back, one straight leg, ankle flexed, other leg extended, ankle extended, T base with arms; scribe small circle, **inhale** crossing midline, **exhale** outside, reverse, repeat with other leg

**Rolling Like a Ball** – From tuck position, arms wrapped, **inhale**, roll back onto shoulder blades, **exhale**, roll up; balance, finish exhalation

**Single Leg Stretch** – On back, bring one knee to chest, clasping shin with hands, reach other to 45 degree; switch legs; **Inhale** for two, **exhale** for two

**Double Leg Stretch** – On back, **exhale**, tuck knees to chest, curling torso up, arms reaching for ankles; **inhale**, straighten to an open

**Swan Dive** – Prone position, legs slightly turned out; **Inhale**, raise torso up 6-8 inches; **exhale**, lower torso, raise legs

**Single Leg Kick** – Prone position, propped on elbow; **inhale**, bend knee, flexed ankle, pulse twice; **exhale**, extend leg to mat; repeat with other leg

**Double Leg Kick** – Prone position, arms behind, hands at lower back; **inhale**, bend knees, pulse twice; **exhale**, extend knees, raise torso, straighten arms

**Spine Stretch** – Straddle, reach arms straight ahead; **exhale**, reach forward; **inhale**, hold the position; **exhale**, reach forward again; **inhale**, hold the position; **exhale**, return to position
Open Leg Rocker - Pike position, balanced on buttocks; **inhale**, roll backward; **exhale**, return upright and balance

Corkscrew - On back, pike position, T base with arms; circle leg clockwise, **exhale** to start the circle, **inhale** to finish; reverse

Saw - Straddle sit, arms out to side; **inhale**, rotate torso to one side; **exhale**, bend torso forward reaching toward foot with opposite hand; **inhale**, return to upright, still rotated; **exhale**, return to start

Sidekicks
Side lying, **exhale**, kick forward twice; **inhale**, kick back;
With legs parallel, circle top leg at hip height;
Bottom up leg kicks

Swimming - Prone position; raise opposite arm and leg in swimming motion; change sides; **inhale** four, **exhale** four