

## Advanced Flow Fun with Carrie

Hundred add Roll Overs	100	Rolling Like a Ball	3x
Roll Up	4x	Open Leg Rocker	3x
Single Leg Circles add Tree	5x	Neck Pull	1x
Rolling Like a Ball add Teaser	3x	Jackknife	2x
Roll add Teaser and Jackknife	3x	Seal	3x
Single Leg Stretch	5 sets	Rolling Like a Ball to Open Leg Rocker	
Double Leg Stretch	5x	to Neck Pull to Jackknife to Seal to	
Spine Stretch Forward	3x	Spine Stretch Forward to Saw to Spine	
Open Leg Rocker	4x	Twist to Saw to Spine Stretch Forward	
Single Straight Leg	6 sets		
Double Straight Legs	5x		
Teaser 2	3x		
Saw (twist only)	1 set		
Criss Cross add roll and lift	3 sets		
Corkscrew	3 sets		
Saw	1 set		
<b>Neck Roll/Swan</b>	1x		
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Single Leg Teaser	2 sets		
Teaser			
Boomerang	2 sets		
Jackknife	2		
High Scissors	3 sets		
High Bicycle	3 sets		
Shoulder Bridge	3 kicks		