Strength, Flow, Go!

360 WarmUps

Lunge Flow

Squat

Bicep Hops

Hangman I, II, III

Flying Pushups

AB Squeezes

Inverted Rows

Flying Plank

Plank Crunches

Chopstick Legs

Traction Jackson

Banana Man
& Side Banana

Fallen Arrow

Warrior Flow
Warrior II, Reverse Warrior, Triangle, Side Angle

Crescent Lunge, Flying Crescent Lunge, Splits, Dancer

Plow Pose

Seated Twist

Supported Bridge, Suspension Bridge, Relax

YB | PRACTICE IS EVERYTHING