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| 48  Leg Stretch | 49  Side Reach | 50  Up Dog | 51  Pigeon | 52  Twist | FINISH  | | |
| 47  Warrior 2 | 46  Water Break | 45  Mtn. Climbers | 44  3-Point Plank | 43  Side Hold | 42  Plank & Lift | 41  High Knees | 40  Crunch |
| 32  Triangle | 33  Lunge & Reach | 34  Lord of Dance | 35  High Kick | 36  Air Squat | 37  Water Break | 38  Ball Juggle | 39  Monkey Jump |
| 31  Warrior | 30  Water Break | 29  Mtn. Climbers | 28  3-Point Plank (L) | 27  Plank & Lift | 26  Crunch | 25  High Knees | 24  Air Squat |
| 16  Triangle | 17  Lunge & Reach | 18  Lord of Dance | 19  High Kick | 20  Air Squat | 21  Ball Juggle | 22  Water Break | 23  Side Hold |
| 15  Water Break | 14  Mtn. Climbers | 13  3-Point Plank | 12  Side Hold | 11  Plank & Lift | 10  High Knees | 9  Monkey Jump | 8  Crunch |
| START  | 1  High Foot | 2  Plank | 3  Lunge & Reach | 4  Side Reach | 5  Hop Rope | 6  Air Squat | 7  Side Reach |

