

○ = 4 beats T = Transition o/s other side


Warmup / Routine 1 I hear it

Set up All fours with knees slightly behind hips ○○○○○○○○○○

- 1 4 x Hip Drops/Child Pose ○○○ ○○○ ○○○ ○○○
- 2 All 4's Core Challenge (hover knees off floor) ○○○○
- 3 Side Leg Lift n Land (look over shoulder to maximise stretch) ○○○○
- 4 Side Leg Lift n Land o/s ○○○○
- 5 DownDog n Pedal ○○○○
- 6 Swan ○○○○
- 7 Swan o/s ○○○○
- 8 4 x Seated Back Slide Stretch ○○○ ○○○
- 9 4 x Quad stretch ○○○ ○○○
- 10 Knee Hug and Rock (land the foot in front, knee bent, hug and rock in this) ○○○○
- 11 Repeat 8,9,10 o/s
- 12 2 x Pixie breath ○○○○
- 13 8 x swoops ○○○ ○○○ ○○○ ○○○
- 14 2 x Pixie Breath

Routine 2 / Back length and strength Giving up on love

Set up Seated stretch with one leg bent and other leg long ○○○○

- 1 4 x Elbow Lift (other arms slides down the inside thigh of long leg, palm out) ○○○○
- 2 4 x Palm Push (spinal twist, palms together, open the arm, open the chest) ○○○○
- 3 Twist body so arms are in line with the ceiling 
- 4 4 x Rugby Ball Lift (arms out of sight, ground hips) ○○○○
- 5 4 x Touching Twist (hand lands to side and twist to touch) ○○○○
- 6 4 x Push Up ○○○○
- 7 2 x Combo Ruby Ball/ Push ○○○ ○○○
- 8 T (knees in front and hold) ○
- 9 Core challenge .. play! ○○○○○○○○○○
- 10 T set up for o/s. ○○

Repeat 1,2,4,5,6,7,8,9

Routine 3 / Hip Opener Wasted my time

Set up legs long in front and grab foot ○○○○○○○○○○

- 1 Move Foot Across Body ○○○○
- 2 4 x Bend and Lean (bend long leg and lean, gently does it) ○○○○
- 3 4 x Arm Reach (to ceiling) ○○○○
- 4 8 x Oblique Twist (hover knee in front and twist into it) ○○○○
- 5 8 x Side saddle (land in side saddle and lean gently back into the butt) ○○○○○○○○○○
- 6 16 x Pulsing Butt Burn (hover knee.to side and pulse) ○○○○
- 7 T transition to long legs (comb hair?) ○○○○
- 8 Repeat 1,2,3,4,5,6
- 9 T transition to long legs and 16 x comb hair ○○○○

Routine 4 / Shoulder Opener and Strengthener

 From here on after

Set up Kneeling side lunge ○○○○

- 1 4 x Elbow Reach ○○○○
- 2 4 x Arm Extension ○○○○
- 3 4 x Grab Thigh ○○○○
- 5 7 x Push Back (hands together on floor aside foot and lengthen the leg) ○○○○○○○○
- 1 T (set up to o/s) ○
- 6 Repeat 1,2,3,4,5
- 7 T (all fours knees a bit further back) ○
- 8 8 x Shoulder Dips ○○○○
- 9 4 x Plank Shoulder Dips and Down Dog set up ○○○○
- 10 4 x DD to Plank ○○○○
- 11 Plank Hold and Child Pose ○○○○
- 12 Side Plank ○○○○
- 13 Side Plank o/s ○○○○
- 14 Childpose and Play ○○○○○○○○○○

Routine 5 /Glute and Quad Strengthener Hit the dance floor

Set up Feet hip distance apart ○○○○

- 1 4 x 3 Pulse n Lift ○○○○
- 2 4 x Single, Single, Double, Double Arm ○○○○
- 3 4 x Pulse n Lift ○○○○
- 4 4 x Single, Single, Double, Double Arm ○○○○
- 5 8 x Toe Lift ○○○○
- 6 8 x Toe Lift o/s ○○○○
- 7 8 x 3 Pulse and Lift (Feet and knees together) ○○○○○○○○
- 8 BREAK ○○○○
- 9 16 x Wide Pulses and 2 Super Slow ○○○○○○○○
- 10 8 x Touch the floor ○○○○
- 11 8 x Toe lift ○○○○
- 12 8 x Toe lift ○○○○
- 13 8 x Wide Pulse ○○
- 14 T Lunge position ○
- 15 8 x lunges ○○○○
- 16 16 x pulses. ○○○○

Repeat 15,16 o/s

Routine 6 / Balance and Hip Opener 🎵 Show your love

Set up ... Be quick! Standing tall feet hip distance ○

- 1 2 x Rise on Toes. ○ ○ ○ ○
- 2 2 X Rise on Toes with Arms. ○ ○ ○ ○
- 3 1 x Rise on Toe sequence ○ ○ ○ ○
- 4 8 x Standing Hamstring Swing ○ ○ ○ ○ ○ ○ ○ ○
- 5 8 x Hip Opener (knee to side and SQUEEZE supporting glute) ○ ○ ○ ○ ○ ○ ○ ○
- 6 Tree (Foot on thigh and push, push!) ○ ○ ○ ○
- 7 Foot Across Thigh (add a little pulse) ○ ○ ○ ○
- 8 Touch the floor! (I'm inclined to keep supporting legs knee slightly bent) ○ ○ ○ ○
- 9 Break ○ ○ ○ ○
- 10 2x Rise on Toes Sequence ○ ○ ○ ○ ○ ○ ○ ○

Repeat 4,5,6,7,8

Routine 7 / Core 🎵 Let them in

Set up seated, slight curl to the spine, shoulders relaxed and SMILE! ○ ○ ○ ○

- 1 16 x Obliques Twists ○ ○ ○ ○
- 2 2 x Roll Down n Up ○ ○ ○ ○
- 3 16 x Obliques Twists ○ ○ ○ ○
- 4 4 x Roll Down n Up ○ ○ ○ ○ ○ ○ ○ ○
- 5 16 x Oblique Twists with a twist ;) ○ ○ ○ ○
- 6 T Lower to the floor and hug knee, lengthen other leg and swap over ○ ○ ○ ○
- 7 16 x Cycle x 32 Quick cycle ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
- 8 8 x Oblique Twist (no knee hugging and if it gets too much let long let rest) ○ ○ ○ ○ ○
- 9 8 X Oblique Twist o/s ○ ○ ○ ○
- 10 8 x Big Hug and Lengthen ○ ○ ○ ○ ○ ○ ○ ○
- 11 16 x Long leg tap ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Relaxation 7 🎵 What they want

Free style, Just do your own thing but this is what I do ..

Lie on the floor, knees bent and wide apart, drop the knees from side to side. Hug knees in and circle in both directions. Double hamstring leg lengthen and rest.

Track 8 🎵 Lie still

Relaxation

purestretch
move•core•smile

with Beat Album 2

A fun, easy to follow total Body Stretch Routine
choreographed to chilled upbeat music

