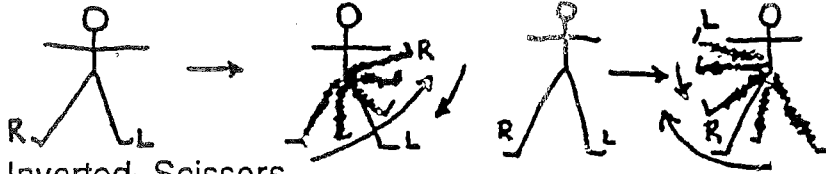


## Dynamic Flexibility

- ✓ 1. Hurdle Seat - Leg Pick ups (both lead and trail)



- ✓ 2. Eagles - Prone and Supine



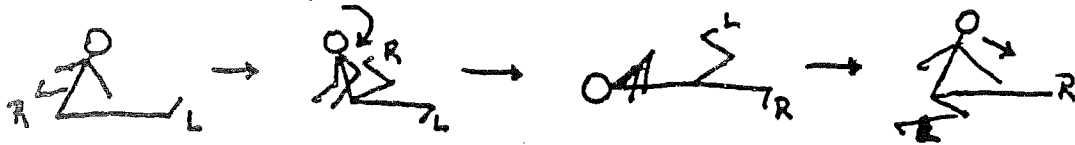
- ✓ 3. Inverted Scissors



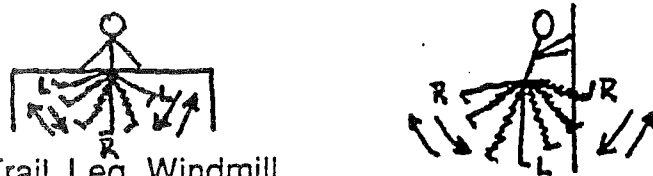
- ✓ 4. Inverted Bicycle



- ✓ 5. Hurdle Seat Exchange



- ✓ 6. Free Leg Swings - Frontal and Sagittal



- ✓ 7. Trail Leg Windmill



- ? 8. Lunge Exchange

