

Super Fitness Exercises

Thirteen - Arms

1. Side-to-side
2. Forward/backward opposite sides
3. Flying arcs - arcs side-to-side
4. Forward circle crossover
5. Push and pull back
6. Arm rotation out from shoulder
7. H flex
8. Push behind the head
9. Yin yang behind the back
10. Elbows overhead forward/backward
11. Pressing wrists on thighs circles in both directions
12. Upper spine + shoulders circle reverse (hands clasped over head)
13. Tree shaking

Ten - Upper Spine

1. Upper spine swing
 - B. Swing from middle back and solar plexus
 - C. Swing from hips
2. Arms circles overhead
3. Single arm swing/circle forward/backward
4. Both arms circle together forward +backward and reverse
5. Alternating Arms Circle- Backwards and Forwards (8 cycles)
6. Both arms circle one forward one backward and reverse
7. Alternating vertical fast stretch
8. Vertical fast stretch
9. Both Arms to the Side and Back
10. Picking grapes

Five - Neck and Spine

1. Turning side-to-side
2. Flex Neck/Shoulders Forward and Backward
3. Looking over opposite shoulder
4. Flexing/leaning side to side
5. Upper spine head circles and reverse

Eight - Torso/Whole Body

1. Circle top
2. Circle bottom
3. Side thrust squat
4. Push/pull hip flex
5. Camel neck body wave
6. Ax variations
7. Folding squats to sides
8. Squat and reach
 - B. Squat and reach on one leg

Five - Feet and Ankles

1. Ankle rolls - forward/back
2. Ankle rolls - side
3. Feet roll one forward one back
4. Ankle Rolls - circle
5. Ankle circle outside/inside and swap (toe touching)

Eight - Legs

1. Leg swings swap
2. Knee circles forward back and swap
3. Big leg cycles forward back and swap
4. Leg lifts front side and back then crossover
5. Rocking down side squats
6. Knee in lunges
7. Cross-over fold back
8. Catching the sky