

Pre-2013 routine

Good Morning, we'll start our exercises with three deep breaths;

- Raise arms up & down above head with Palms Down, then with Palms Up.
- Bounce Up & Down on Toes; Then alternate Up & Down on Opposite Toes;
- Swing Hips side to side.
- Reach, as high as you can, continue up & down on opposite toes.
- Alternate Hands & Feet.
- Feet flat on bottom: Toes Up, Toes Down; Heels Up, Heels Down,
- Bounce, Bounce, Bounce (Do 4 Times)
- Stay down in water & shrug shoulders up & down.
- Slide one arm up on one side of body, then down the other, and alternate.
- Rotate shoulders forward ... Rotate shoulders backward.
- Stand, Bend toward Right side with other Arm raised back & forth over head, & repeat (15 times).
- Bend toward Left side with other Arm raised up & over head, & repeat.
- Reach out & touch opposite Toes and continue alternating.
- Reach out & grab opposite Toe & Hop on other Foot; then switch sides.
- Put hands behind head & touch opposite Knee with opposite Elbow & continue alternating.
- Hands behind your head, and twist from side to side.
- Hands on shoulders, raise Elbows Up & Down.
- Hands on shoulders, Bend from side to side.

Knee Lifts:

- Place hands behind Knee, and bring Knee to Chest; continue alternating.
- Hands together above head and bend from side to side, touching outer leg.
- Arms out to sides: Make small, medium & large Circles Forward, then Reverse.

Figure Eights:

- Right Leg forward & back beside body;
- then Left Leg;
- then with both Arms, forward & back;
- then Eights in front of you.

Circle:

- Hands together above head around in one direction, then reverse direction.
- Hands together, circle around to each side, & back forward again.
- Stand, clasp hands together, push out & back in, holding tummy in.

Wrist Circles:

- One direction, reverse, then "flip-flop" back & forth.

Elbow exercises:

- start with palms together, roll hands toward you & out.
- Then palms out and roll toward you.

Back Stroke. Pull through the water.

Knee Circles:

- raise Right leg (ankle straight) one direction, then reverse,
- and repeat with Left Leg.

Foot Circles: Right foot, one direction, reverse; repeat with other leg.

Gate:

- Put Right Foot on Left Knee & swing knee back & forth;
- repeat other Leg.

Finger Exercises:

- Palms down, then Up, then Sideways & make faces, back & forth beside body.
- Knees Out, Jump like a Frog, & bottoms of feet will come up together.
- Kick up behind, reach down beside body & touch your outer ankle with your hands.
- Hands in front, alternate knee out, touch inner ankle as each comes up.
- Knees Out; Jump like a Frog and grab inner ankles as they come up together.

Do Pushes:

- Four times each to Front, Right, Front, Left.
- Pushes to Front, one, two, three, four, and
- Bring Arms around behind, clasp hands, turn to one side,
- then other side, and pull back down (repeat four times).
- Raise Right Leg up & down, and across & down. (Do not go across if one has bad back)
- Repeat with other Leg.
- Right Leg out to side & down;
- Left Leg out to side & down.
- Right Leg back behind & down;
- then Left Leg back behind & down.
- swing Right Leg forward & back beside body, then swing out & make Capital D.
- Repeat same with Left Leg.
- Right Knee Up, Foot Forward, Knee Up, Leg Off to Side & continue.

Knees Up:

- Elbows to Knees in front, Elbows to Knees out to the side.
- Jog in place.
- Scissor kicks forward (1,2,3,4) & half-jacks back (out-in, out-in). (Do 6 times]
- Jog in place.
- Jumping Jacks in place. Two steps to right, two steps to left, then in place. (Do 3 times).
- Jog in place.
- Kick to front, kick back, kick to sides.
- Knees to Elbows in front of you; Kick up behind, touch heels with hands.

Rocking Horse.

- Back & forth on Right Leg, then on Left Leg.
- Jog in place.
- Punch with Arms to right, left, then up & down.
- Kick Forward, Kick Back (5 times each).
- Jumping Jacks in place.
- Jog in place.

- Punch with Arms to right, left, then up, then down.
- Jog in place.
- Jumping Jacks in place.
- Jog in place.
- Kick forward, kick back, kick to sides.

Find your Pulse. Count for 15 seconds (x 4); count 6 seconds (+ 0).

Arm Exercises.

- Arms to sides, hands to shoulders, elbows together, elbows apart and arms out; (Count 1,2, 3,4). Repeat.
- Lunge to Right side (arm extended), then Left side, (Count 10).
- Right forward & Left forward. (Count to 8). Lunge side to side.

Pendulum.

- Right Arm out front, bring hand of other arm under, then up and over head & back down under arm again. Continue.
- Then Left Arm forward, other hand under & back up over head.

Curtsy

- Reach out, touch right Toe with right hand,
- then foot goes down and hand goes up at same time (body slightly bent). Continue.
- Repeat with Left hand to Left toe, etc.
- Hands on Hips, head facing front, circle right arm 4 times back & forth;
- same with left arm, and continue.

Balling The Jack.

- Hip Snaps. Right side twice, then left side twice. Repeat.
- Lower Body Circles (Hula) ... one direction, then other direction.

Pushes:

- Slowly to Front, right side, Front, then left side (four times each).
- Rotate Shoulders slowly Forward, then slowly Backward.
- Stand, Arms at sides: Gently, look back toward right, then to left;
- then look down & straight forward (do not bend neck back).
- Keep shoulders still, bend head to right & to left, gently.
- Hands Up one side and Down other side, as you bend from side to side, slowly.

Final:

- Time to take Three Deep Breaths. Raise Arms up & down, Palms together.
- (Three times.)