

Warmup

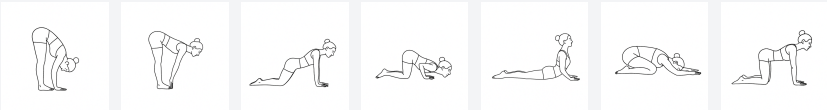


+8 more

Spine Warmup



Modified Sun A



Closed Hip Standing



Main Flow



+6 more

Floor



Ending

