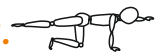
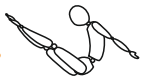
1. Half-roll
2. Roll-down
3. Roll-up
4. Roll-over
5. Rolling like a ball
6. The hundred
7. Spine stretch
8. Spine twist
9. Side bend
10. One leg stretch
11. Double leg stretch
12. Leg circles
13. The Shoulder bridge
14. The Saw
15. The Swan prep
16. One leg kick
17.  The Swimming prep
18. The Swimming
19.  Boomerang
20. The seal
21. Cat stretch
22. The Mermaid
23. Groin stretch
24. Breathing