

xrc-2023-jdm
rev 231026 231030 231125

BALANCE

stand, oth leg bk 64s L/R

STANDING

marching	64x L/R
squats	16x
toe touch	16x 3x both hands
body twists	16x fwd/lft/bck/rit
shoulder circles	16x up/fwd/dn/bck &rev
shoulder shrugs	16x up/dn
arm reach up	16x L/R
arm circles	16x in/out bth arms
arm swing	16x fwd/bck

BALANCE

stand, oth leg bk 64s L/R

SITTING

fwd kick	16x L/R
sde kick	16x L/R
body twist	16x l/c/r/c
head twist	16x l/c/r/c
head ext/flex	16x up/dn
toe touch stretch	16x L/R 3x bth hands
wrist circles	16x up-po out-po dn-pi in-pi &rev
wrist ext/flex	16x up/dn
hand stretch	16x sprd/fist
arm circles	16x in/out bth arms
arm swing	16x fwd/bck
ankle circles	16x L/R cw/ccw
ankle ext/flex	16x L/R up/dn

REPEAT as desired