

STAR/STAR ELEPHANT

Warm up >> offset hands+straight legs

1/2 spring

Classical short box >> sidebend+ rotation.

2+ springs

Crucifix twists (feet under footbar)

Start the lawn mower (w/pike)

1/2 spring

Star prep on cross box (forearm and bent knee) /
side support > bent arm/bent leg
>> practice star arms and legs.

1/2 spring

Side support >> Star

1+ springs

Praying elephants cycle (forearms on cross box)

Star elephants/ thread the needle

Supine crucifix stretch (long box)

Footbar rec fem stretch (facing pulleys)

