

THE GOD I KNOW

ANKLE ROTATIONS

- 1) LUNGE R,L PUSH SIDE; HEEL LIFTS 4 SAME ARM
PUSHES UP 2X; ARM OVER PRESENT FRONT;
SIDE STEPS PULL DOWN; 2 STEP ROLL SHOULDER
REPEAT OTHER WAY
ARM OVER PRESENT FRONT; OTHER ARM
- 2) R LEG FRONT CALF STRETCH;
STRAIGHTEN HAMSTRING STRETCH
ALTERNATE BACK AND FORTH
REPEAT ON OTHER SIDE

STRIDE

- 3) WIDE LUNGE SIDE TO SIDE 2COUNT 2X
SINGLES 4X
UP ON TOES REACH UP; SQUAT TOUCH DOWN 2X
SQUAT; KNEE UP CROSS TOUCH 4X
REPEAT
- 4) BEND OVER HOLD CENTER, R,L,CENTER 4CT EA
- 5) STEP KICK L;ROLL HAND UP
STEP TOUCH BACK R; ROLL HANDS DOWN 2X
SIDE BEHIND TWIST 3X;MARCH 2
REPEAT OTHER SIDE
2X
- 6) FOUR STEP LARGE FIGURE 8; STRIDE ARMS UP;FOLD
HANG DOWN