

- 1) Gentle Neck Rolls
- 2) Reverse Gentle Neck Rolls
- 3) Trunk twists
- 4) Reverse Trunk Twists
- 5) Leg swing forward and back
- 6) Other leg swings forward and back
- 7) Leg swings lateral with abductor and adductor motions
- 8) Switch legs and swing laterally.
- 9) Foot Spins
- 10) Foot Spins with same foot in the other direction.
- 11) Foot Spins on other foot
- 12) Foot Spins on other foot other direction
- 13) Kneeling position
- 14) Right Arm forward Arm Swing
- 15) Left Arm Forward Arm Swing
- 16) Right Arm Backwards Arm Swing
- 17) Left Arm Backwards
- 18) Right arm swing in a Sideways Figure 8 Motion
- 19) Right Arm Figure 8 in the Reverse Direction
- 20) Left Arm Figure 8
- 21) Left Arm Figure 8 Reverse
- 22) Up the Sides with both arms
- 23) Up the Front Arm Swings
- 24) Horizontal Arm Swings
- 25) Opposites Arm Swings
- 26) Opposite-Opposites Arm Swings
- 27) Wrist, door-knob open
- 28) Wrist door-knob close
- 29) Wrist range of motion
- 30) Other wrist range of motion
- 31) Sit ups
- 32) Yoga Cobra
- 33) Rattle Snakes
- 34) Hamstring Stretch with Legs in Figure 4
- 35) Other Side, 4 for Legs
- 36) Yoga Butterfly Stretch
- 37) Knee to ear
- 38) Other knee to each ear
- 39) Butterfly arm motion
- 40) Backstroke arm motion
- 41) Breaststroke arm motion
- 42) Freestyle arm motion
- 43) Toe raises
- 44) Other leg toe raises
- 45) Heel raises
- 46) Heel raises with other leg
- 47) Squat stoop