**Set 1**   
  
Knee drop, toe touches (from double knee fold), bridge, pillow squeeze, hamstring stretch (with elastic), knee stirs, diamond press, dart & side bend, full table top, reverse leg lift (closed elastic)

**Set 2**   
  
Pelvic clock, advanced double knee fold, bridge (body then arms), shoulder bridge, double knee circles, sitting torso turns, buttock squeeze, single heel kicks, the cat   
  
**Set 3**   
  
Double knee fold, bridge (arms then body), hamstring stretch (rotation- with elastic), single leg circle (using elastic), rotator stretch, the full star, threading a needle, bird dog crunch, side leg raise (closed elastic), shoulder blade stretch