



From Head to Toe Academy

Alternating step points x30 secs -
Alternating step to toe extensions x30 secs -

Seated ankle marches x30 secs -
Point lift offs x30 secs -
Duck walks x60 secs -

Doming x30 secs R+L
Theraband 4 part pointing x30 secs R+L

Starting in 10 seconds