



Texas Hold 'Em – Tower

Cherry Herzog

Warm-up-Roll Back Bar

Standing Work

Work-out-Push Through Bar

(Feet on bar)

Footwork

The Hundred

Roll-up

(Hands on bar)

Roll-Over

Leg Circles

Rolling Like a Ball

Ab Series

Spine Stretch Forward

Open Leg Rocker

Corkscrew 1, 2, 3

Saw

Swan Prep/Swan Dive Prep

Single Leg Kick

Dbl Leg Kick

Rest Position (Feet come to bar)

Neck Pull

Shoulder Bridge w/ Variations

Twist

Teaser Stretch

(Push-Through bar bottom spring)

Tower (Jack-knife)

(Leg springs side lying)-keep push-through bar up

SDK Series

Teasers w/ Variations

(Roll-back bar)

Swimming

Leg Pull Front/Back

Kneeling SDK/Mermaid 1st Side

Kneeling SDK/Mermaid 2nd Side

Mermaid

Standing Push-Down and Squat

Standing arm raise front/back

Push-up Series

Final Balance