



Windy says:

Get Excited About Riding Strong!

Working across will give a good general workout.

Working down will increase difficulty in one area






Working diagonally will combine both

... Or Work one at a time.

Click the Image to see a variation of "How To"

Be Sure to Only Work to YOUR Ability & Fitness Level!

Enjoy & Ride On!

	 Improve Your Eyesight	G	E	A	R	S
1ST	 Scissors	 The 100	 Grip	 Corpse Pose	 Hamstrings	
2ND	 Lunges	 Toe Touches	 Hummingbirds	 Tree Pose	 Hip Flexors	
3RD	 Plié & Relevé	 Balancé	 Port de Bras	 Triangle Pose	 Quads	
4TH	 Squats	 Jumping Jacks	 Curls	 Warrior Pose	 Neck & Shoulders	
5TH	 Wall Sit	 Mountain Climbers	 The Wall Push	 Sun Salutation	 Seven Directions (mute video)	

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