

Hot for Teacher w/ Carolina August 2025

INTRO

BEGINNING STRETCHES

Eagle Crunches
(3 ea. side)

Bound Fwrd Fold
(2x)

FF to squat + FF traces
(8x | 6x ea side)

FF Twist w/ Bind + T: Flat Back, Plank,
Lower to Belly

BELLY SERIES

Reclined Twist

Wide Cobra
(5x)

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

Plank Corner Kick
Strait Leg Pulse x2
(10)

STANDING & FLYING

Lunge Arm Up
Knee Tuck ArmBack
(10)

S.Splits
Knee Tuck Curl
(10)

SQUATS

Leg Out Punch
B Stance Stir Pot
(10)

B Stance Pulse
(10)

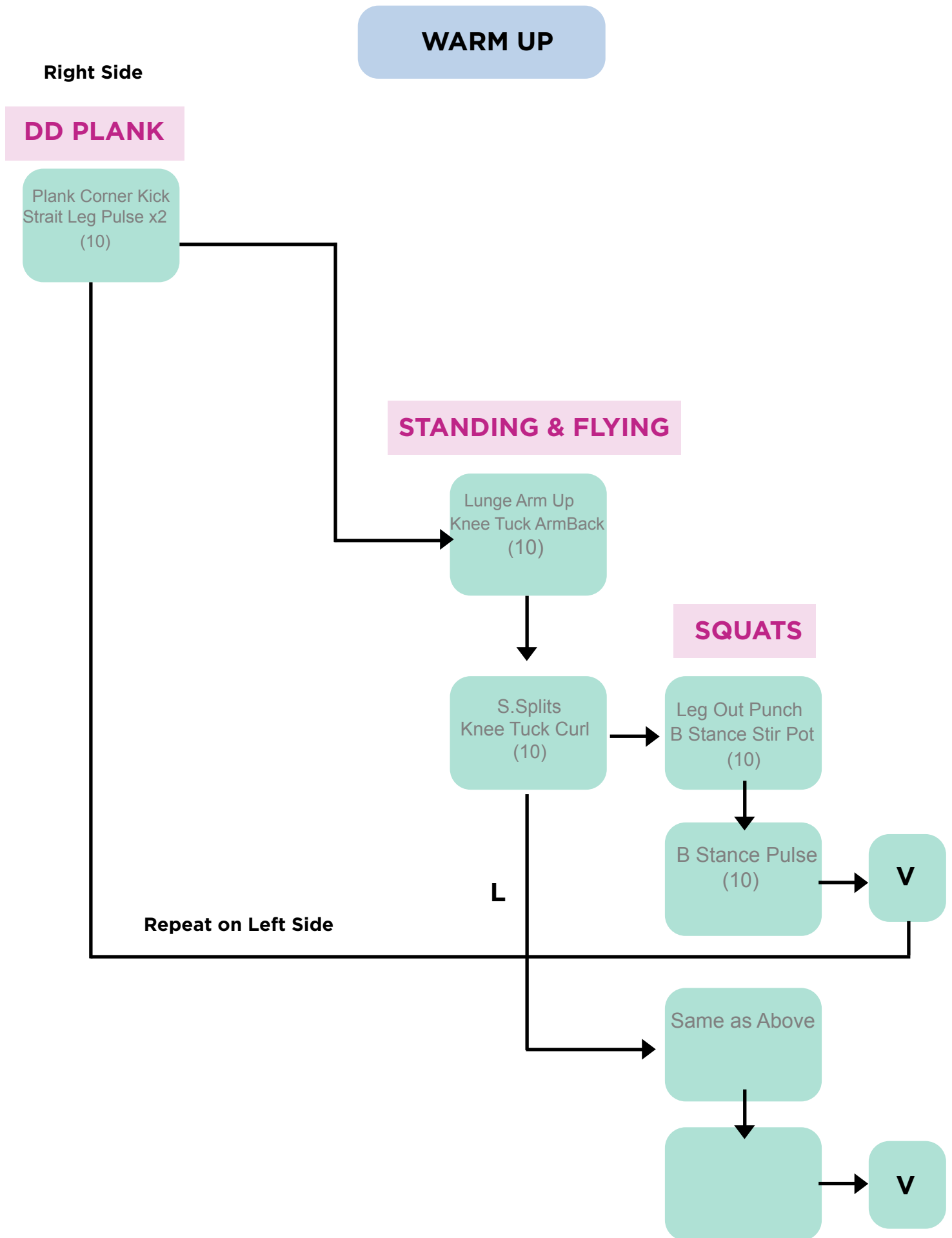
V

Repeat on Left Side

L

Same as Above

V



SERIES 1

Right Side

DD/PLANK

FLOOR MOVES

DD Splits
Face Back
LL Knee Tap
(10)

Flying Table Kick
Knee Tuck Hug
(15)

Side Kick
Tap Opp Foot
(15)

LL Stretch
Flip High Kick
(15)

STANDING & FLYING

LL tap under
Triangle Star
(10)

Repeat on Left Side

SQUATS

S.Splits
Star Balance
(10)

R
Curtsey
Squat Punch
Leg Circle
(10)

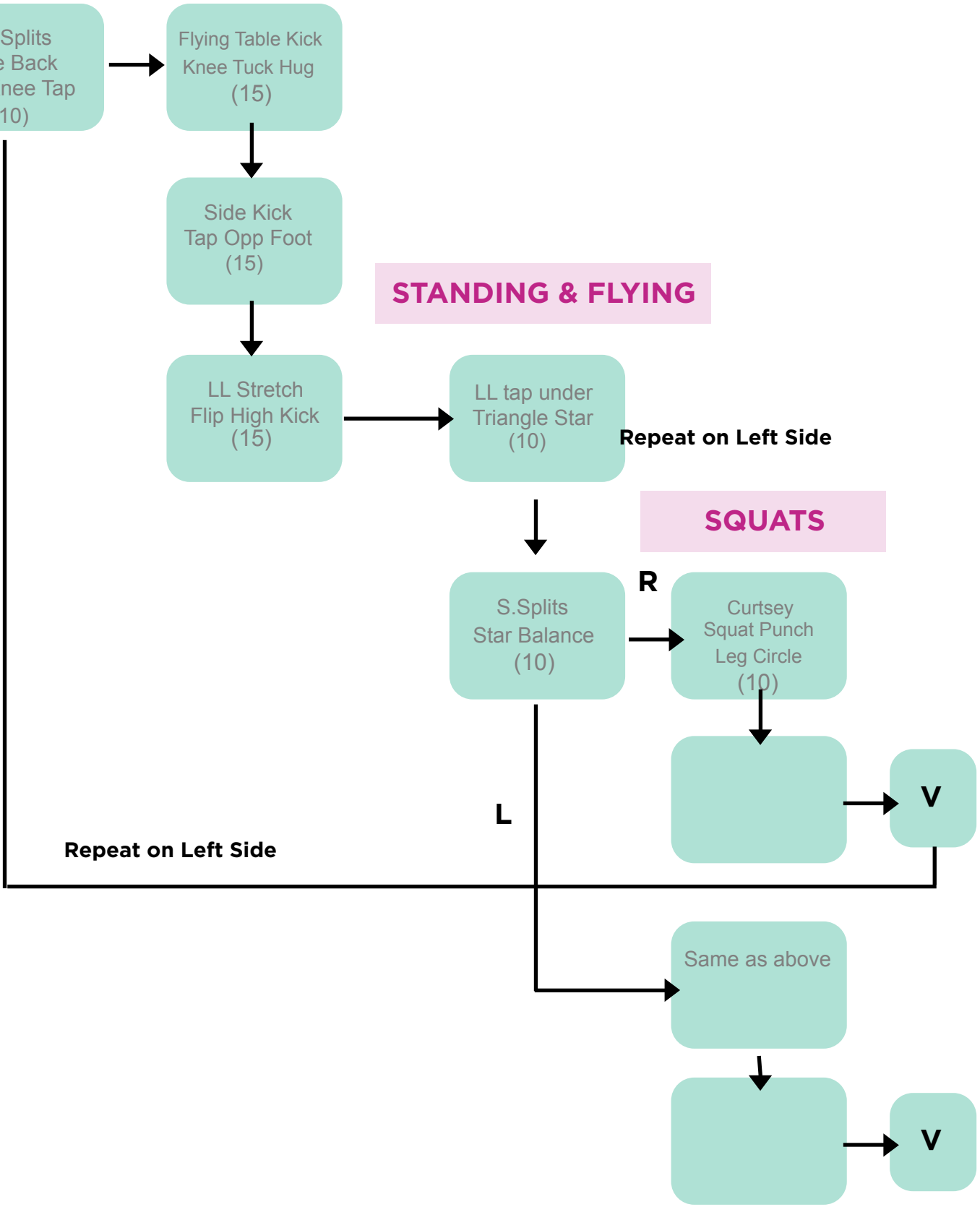
V

Repeat on Left Side

L

Same as above

V



SERIES 2

Right Side

DD PLANK

Elbow S. Plank
Kick Sit Tap
(10)

FLOOR MOVES

Side Kick
Scorpion Tail
(15)

Knee Behind Knee
Elbow Kick
(15)

Dip Kick
Stand Tap Opp Foot
(12)

STANDING & FLYING

LL Arm Under
Knee to Floor Kick
(10)

SQUATS

S. Splits
Elbows Straddle
(10)

R

Side Squat
Kick Head Circle
(10)

Side Squat
Pulses
(10)

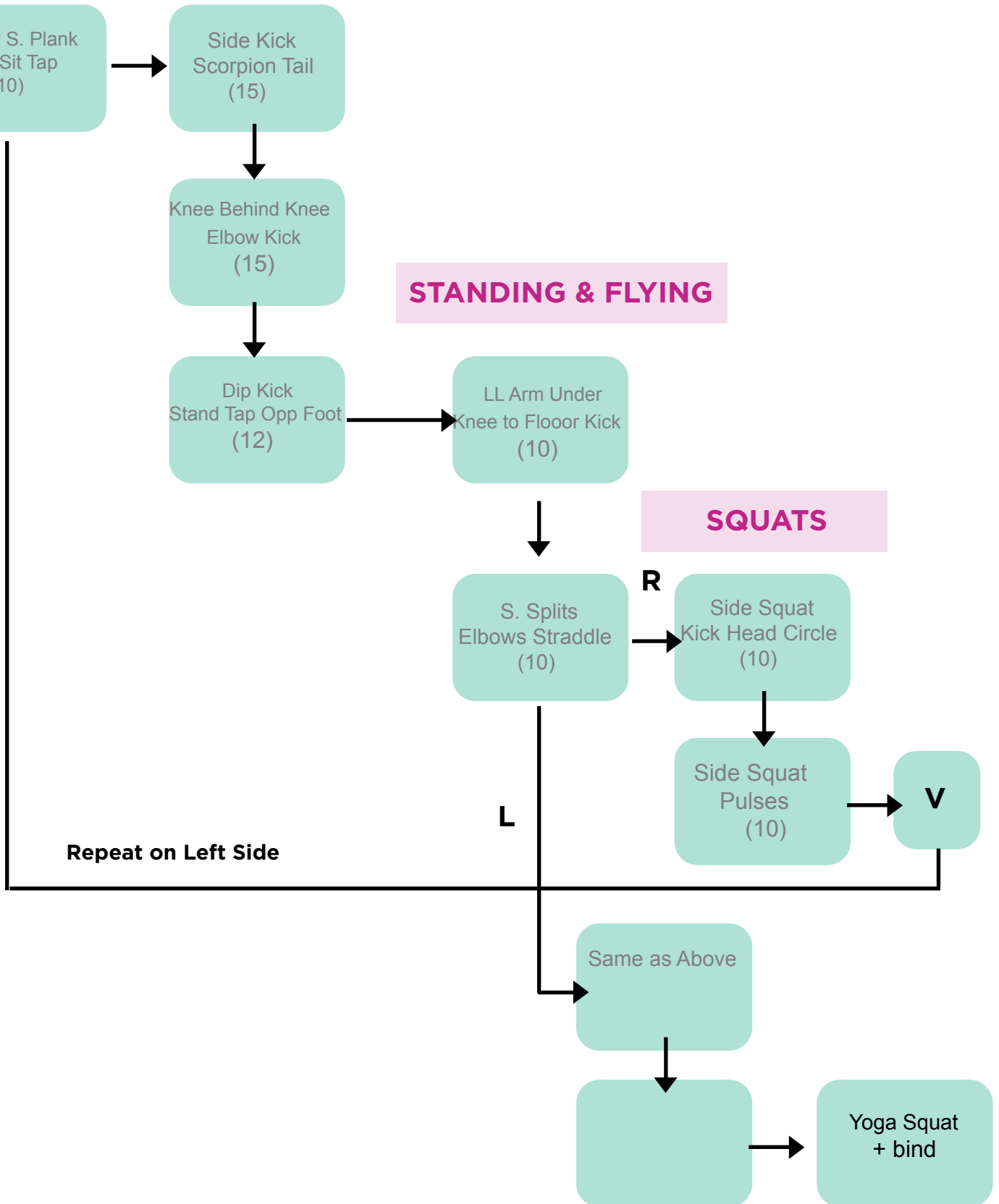
V

Repeat on Left Side

L

Same as Above

Yoga Squat
+ bind



ABS / COOLDOWN

ABDOMINALS

Elbow Straight Leg
Lift Cross Crunch
(10 ea. side w/ 2 weights)

Crab Knee Tuck + Leg X
(8 ea. side)

COOLDOWN

Cobbler's
+ Seated Straddle

Reverse Table

Seated Twist

FINAL RELAXATION