

Hot for Teacher w/ Carolina

September 2025

INTRO

BEGINNING STRETCHES

T Arm Swing Squat
(8)

FF Twist
(5 ea. side)

FF to squat
(8)

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

BELLY SERIES

Star Tucks
(8)

Prayer Twist
(5 bend 5x ea. side)

Wide Cobra Twists
(3 ea. side)
+ bound locust to ea. side

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

Hippy Kicks
(10)

STANDING & FLYING

Low Lunge
Row Kick
(10)

S.SplitsPulse +
Standing Tuck
Fig 4 Tricep
(10)

SQUATS

Squat Press
Squat Twist
(10)

Tiptoe Pulse
(10)

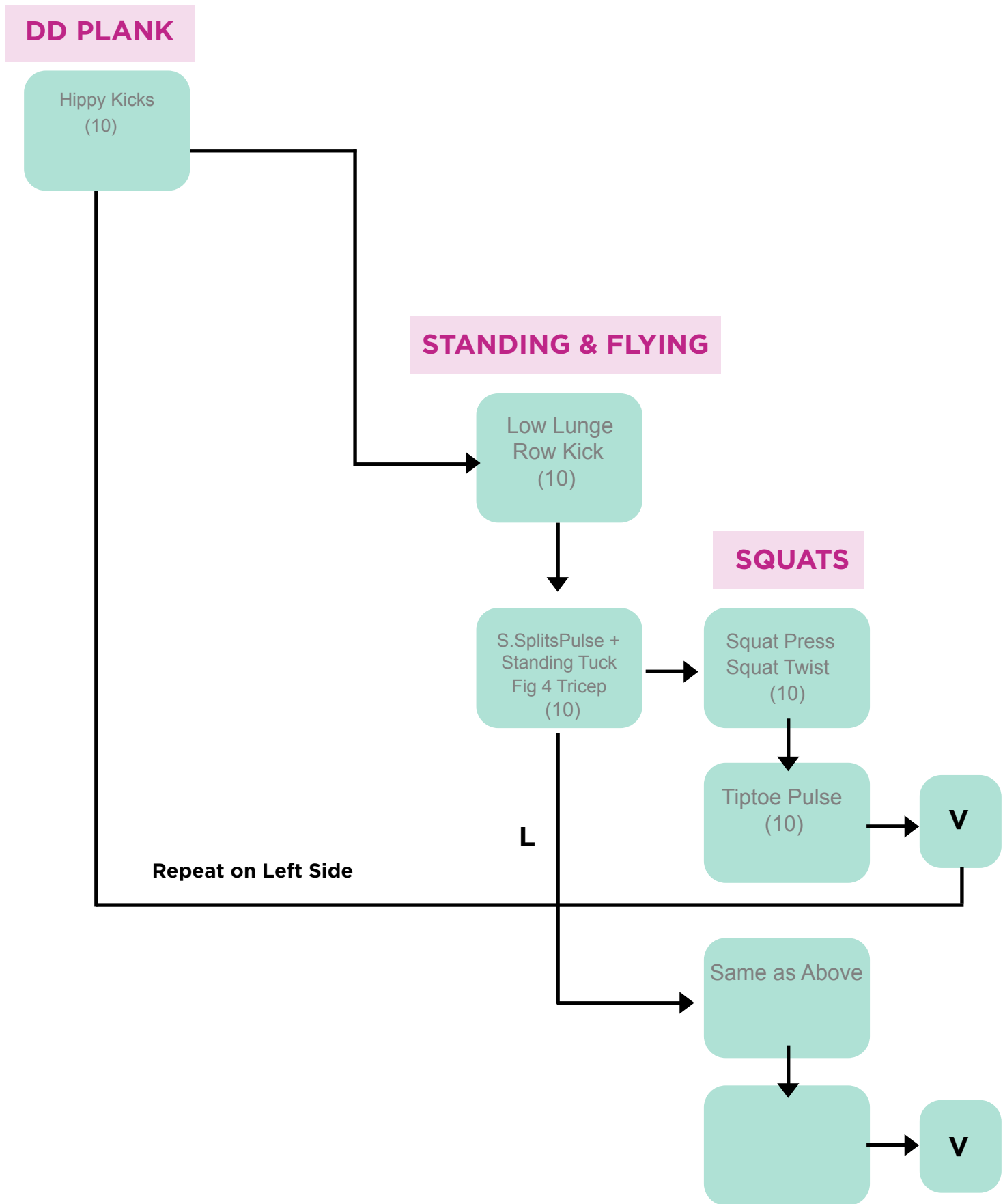
V

Repeat on Left Side

L

Same as Above

V



SERIES 1

Right Side

DD/PLANK

FLOOR MOVES

Plank Leg
Swing Out
Rec. Straddle
(10)

Cross Kick Side
Kick Cross Kick
Side Lunge
(15)

Straight Pulse
Rainbow Leg Swing
(15)

Prone Corner Kick
Hop Squat
(12)

Plank Corner Kick
Lunge Twist
(10)

STANDING & FLYING

Repeat on Left Side

SQUATS

Kick Pinwheel
Kick S.Splits
(10)

R

W Star
(10)

L

Repeat on Left Side

Sumo Squat
Cactus Taps
(10 ea. side)

V

V

SERIES 2

Right Side

DD PLANK

Plank Kick
Soccer Pass
Crab Kick
(10)

FLOOR MOVES

Reach Elbow
Opp Fire Hydrant
(15)

Elbow Pinwheel
High Kick
(15)

Reach Tuck Reach
Lunge Crunch
(12)

STANDING & FLYING

Lunge Up -- LL T
Diag Frog Squat
(10)

SQUATS

S. Splits
Tuck Kick
(10)

R

Sumo
Knee Hikes
(8 ea. side)

L

Repeat on Left Side

Sumo
Monkey Scratches
(8 ea. side)

Sumo
Tiptoe Pulse
(8 ea. side)

Yoga Squat
+ bind

V

ABS / COOLDOWN

ABDOMINALS

Crab Leg Swing Out
(10 ea. side)



COOLDOWN

Fig 4 FF
+ Reverse Table



Happy Baby



FINAL RELAXATION