

Hot for Teacher w/ Carolina

December 2025

INTRO

BEGINNING STRETCHES

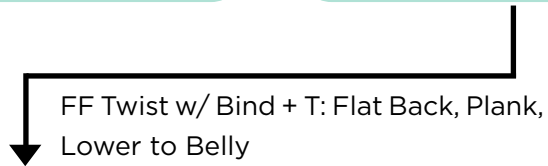
Standing Cat/Cow
(5)



FF Twist Half Bind
(3 breaths ea. side)



Elbwo Side Stretch
(3 breaths) + Bound FF



BELLY SERIES

Shoulder Cross Twist
w/ Pulses



Baby Cobra
(5)



Prayer Twist
(3 breaths ea. side)



Warm Up

WARM UP

Right Side

DD PLANK

Plank Corner Kick
Elbow Side Kick
(10)

STANDING & FLYING

DD Splits Lunge
Tuckx2 Rec.Crunch
(10)

S.Splits
Opp Fire Hydrant
+ Pulse
(10)

SQUATS

Curtsey Tricep
Squat Crunch
(10)

V

V

Repeat on Left Side

L

Same as Above

SERIES 1

Right Side

DD/PLANK

FLOOR MOVES

DD Splits
Diag Table XKicBak
(10)

Supp SP
Elbow Jane Fonda
(15)

Shoulder Hike
Table Kick Back
(15)

Supp SP
KOK S. Lunge
Knee Down
(12)

STANDING & FLYING

Lunge Tap
Over/Under
(10)

Repeat on Left Side

SQUATS

S. Splits Cross
Back Sit Kick
(10)

R
Squat Cross Crunch
Squat Stand Press
(10)

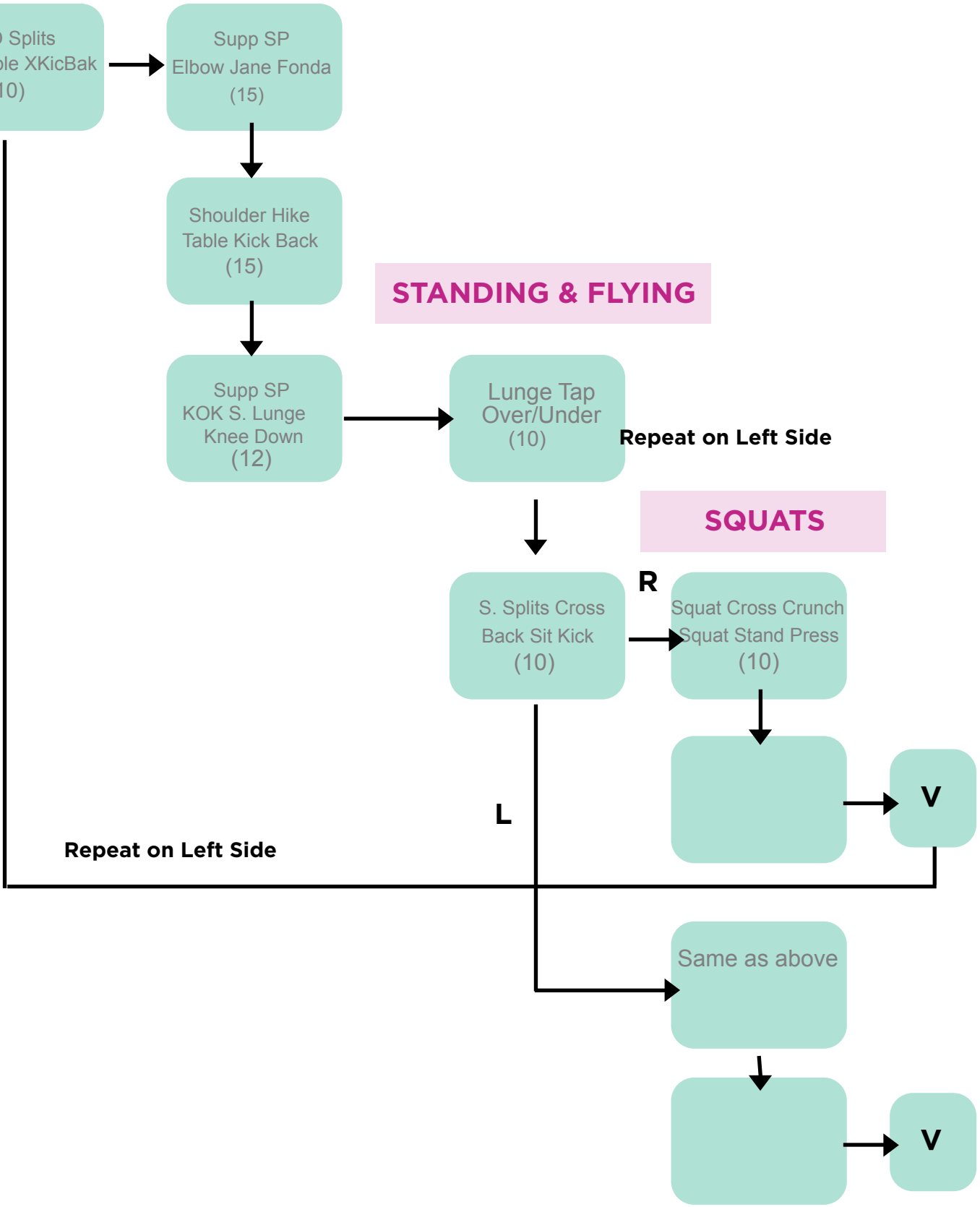
V

Repeat on Left Side

L

Same as above

V



SERIES 2

Right Side

DD PLANK

Plank Corner Kick
Pinwheel FF
(10)

FLOOR MOVES

Jane Fonda
Bound Straddle
(10)

Elbow Side Kick
Opp Side Lunge
(15)

Elbows Kick
Lift Knees Down
(10)

STANDING & FLYING

LL Row
Side Lunge Reach
(10)

SQUATS

Standing Splits
Star
(10)

R

Fig 4 Squat
Curl + Pulse
(10)

Cross Ankle FF
Cross Ankle Crane

V

Repeat on Left Side

L

Fig 4 Squat
Cactus
(10)

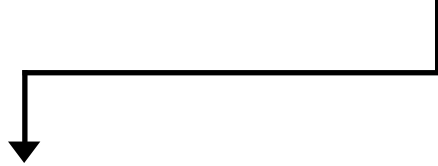
Cross Ankle FF
Cross Ankle Crane

Yoga Squat
+ bind

ABS / COOLDOWN

ABDOMINALS

Elbow
Straight Leg Crunches
(10 ea. side w/ 2 weights)



COOLDOWN

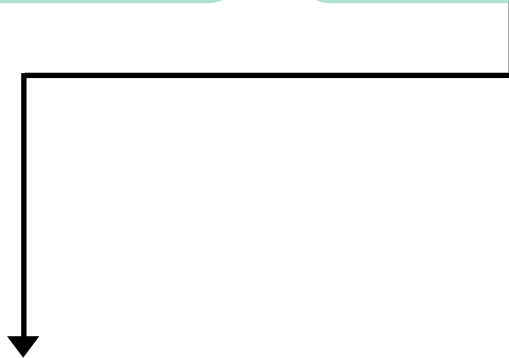
Tortoise Bind



Seated Twist
+ Counter Twist



Cobbler's Pose



FINAL RELAXATION