

Hot for Teacher w/ Carolina February 2026

INTRO

BEGINNING STRETCHES

Standing T Twists
(5 ea. side)

W Squats
(10)

FF T Twists
(5 ea. side)

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

BELLY SERIES

Shoulder Cross Back
(1x ea. side w/ pulses)

Wide Cobras
(5)

Prayer Twist to Full Twist

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

Stag Plank Scorpion
Plank Pulse
(10)

STANDING & FLYING

Supp SP - Lunge
Pinwheel
(10)

Warrior 3 Row
(10)

SQUATS

Squat Cactus
Crunch Leg Out
(10)

[Empty box]

V

Repeat on Left Side

L

Same as Above

[Empty box]

V

SERIES 1

Right Side

DD/PLANK

FLOOR MOVES

DD Splits Flip
Straddle Float
(10)

Side Hip
Lift Kick
(15)

Flying Table
Supp SP
Kick Reach
(15)

Side Kick
Shoulder Scorpion
(12)

STANDING & FLYING

Low Lunge Row
Sumo T
(10)

Repeat on Left Side

SQUATS

S. Splits
Pulses
(10)

R
Side Squat
Knee Tuck Over
Shoulder
(10)

Side Squat
Pulses
(10)

V

Repeat on Left Side

L

Same as
Above

Same as
Above

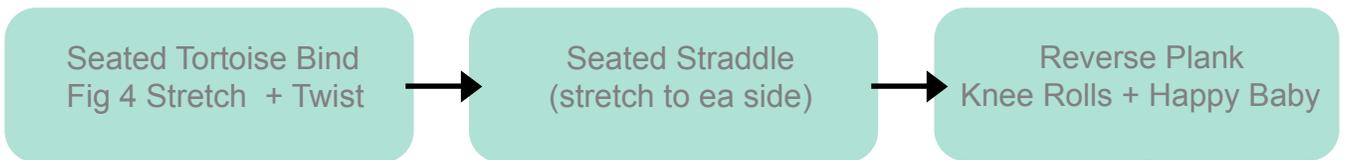
V

ABS / COOLDOWN

ABDOMINALS



COOLDOWN



FINAL RELAXATION