

# Hot for Teacher w/ Carolina March 2026

## INTRO

## BEGINNING STRETCHES

Tik Toks  
(5 ea. side)

Cactus Twists (8 ea. side)  
FF Twists (5 ea. side)

Squat + FF  
(8 each side)

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

## BELLY SERIES

Star Extensions  
(12)

Prayer Twist

Reclined Twist

T: Plank

## Warm Up

# WARM UP

Right Side

## DD PLANK

DD Splits  
Hook Tuck Crab  
(10)

## STANDING & FLYING

Lunge Row  
(10)

S. Splits Pulse  
S. Splits LL  
(10)

## SQUATS

Running Man  
Squats  
(10)

Squat Pulse  
(10)

V

Repeat on Left Side

L

Same as  
Above

V

# SERIES 1

Right Side

## DD/PLANK

Plank Corner Kick  
Straight Leg Pulse  
(10)

## FLOOR MOVES

Table Kick Hike  
Elbows Kick Tuck  
(15)

Kick Dip Kick  
Plank X Ankle  
(15)

Elbows X Kick  
Diag DD Splits  
(12)

## STANDING & FLYING

LL Row  
Sumo T Arms  
(10)

Repeat on Left Side

## SQUATS

S. Splits  
Elbow Straddle  
(10)

R

Hip Tap  
No Hand Squat  
(10 R)

L

[Empty box]

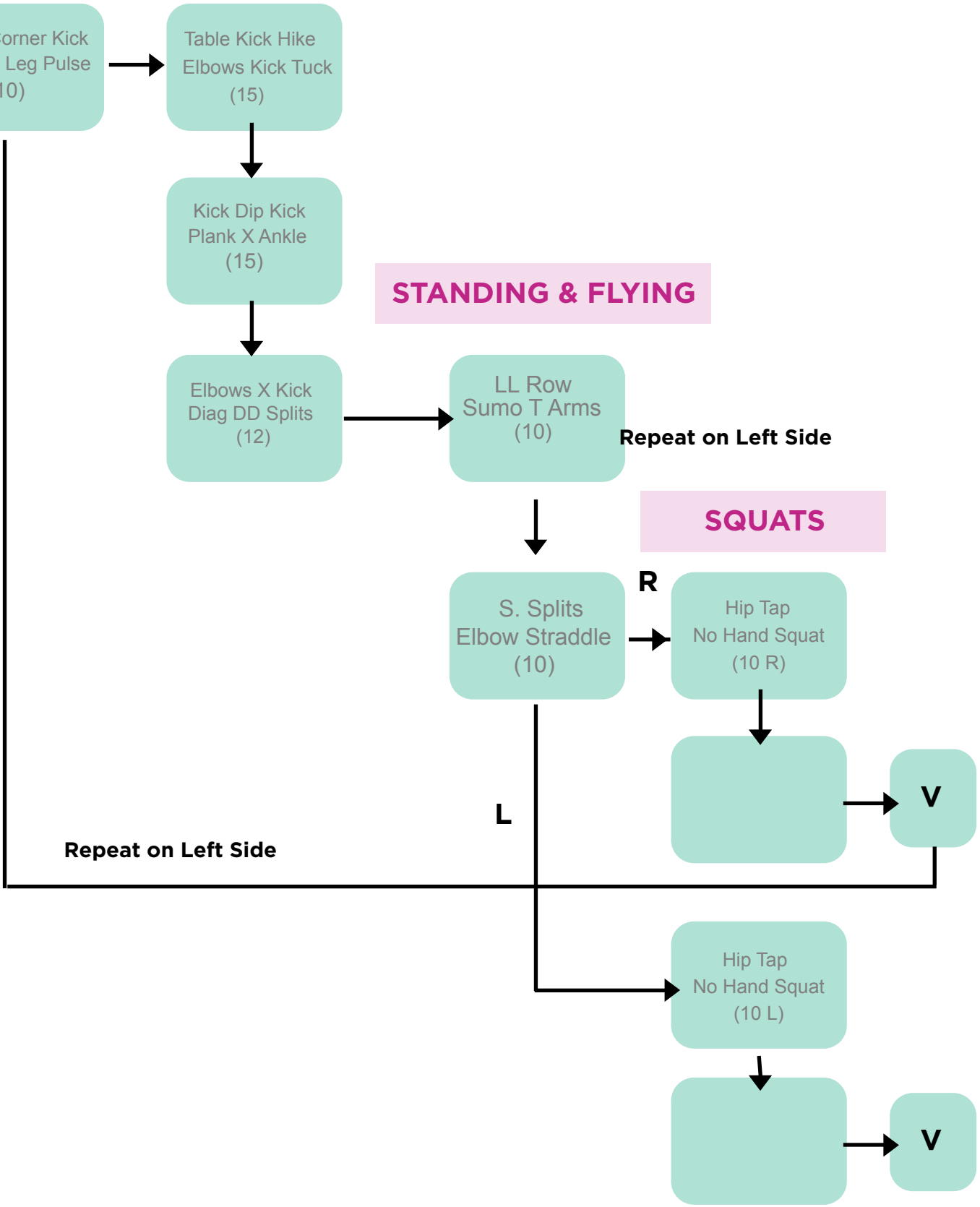
V

Repeat on Left Side

Hip Tap  
No Hand Squat  
(10 L)

[Empty box]

V



# SERIES 2

Right Side

## DD PLANK

## FLOOR MOVES

## STANDING & FLYING

## SQUATS

DD Splits  
Elbow Scorpion  
(10)

Cross Kick Back  
Fig 4 Crab  
(15)

Curl Tuck  
Baby Push Up  
(15)

Elbow Side Kick  
Splits  
(12)

Cactus Lunges  
(10)

[Empty box]

R  
Curtsey  
Side Kick  
(10)

[Empty box]

V

Repeat on Left Side

L  
Same as Above

[Empty box]

Yoga Squat  
+ bind

**ABS / COOLDOWN**

**ABDOMINALS**

Boat Crunches  
(12)

**COOLDOWN**

Seated Tortoise Bind  
Full Tortoise Pose

Seated Straddle  
Fig 4 Fold

Forward Fold  
Reclined Twist  
Knee Rolls

**FINAL RELAXATION**