

Hot for Teacher w/ Carolina May 2026

INTRO

BEGINNING STRETCHES

Lean Back FF
(6)

Cactus Twists
(8 ea. side)

Tiptoe Press/ Squat Row
(10)

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

BELLY SERIES

FF Twist Pulses
(3 pulses ea. side)

Locust Bind
(3x ea side)

Wide Cobra (5)
+ Reclined Twist

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

Elbow Plank
Pulse Roll Leg Out
(10)

STANDING & FLYING

Lunge
Cactus Taps
(10)

S. Splits
LL Curl
(10)

SQUATS

Squat
Tiptoe Cactus
Step Out Tap Floor
(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
Opp Knee Hike
(10)

Tuck Scorpion
Tuck Elbow Kick
(15)

Cross Stretch Back
Knee 2 Tricep
(15)

Elbow Same
High Kick Step Sit
(15)

STANDING & FLYING

Lunge
Reach Crunch
(10)

Repeat on Left Side

SQUATS

S. Splits
B Stance Squat
(10)

R
Pineapple
Squats
(10)

[Empty box]

V

Repeat on Left Side

L

W Squat
Star
(10)

[Empty box]

V

SERIES 2

Right Side

DD PLANK

Wide Plank
Elbow Drop Knee
Pulse (10)

FLOOR MOVES

Side Hip Elbow
Reach Crunch
(15)

SP grab foot
KOK elbow kick
(15)

Cross Kick Back
Step FF
(15)

STANDING & FLYING

L. Lunge
Kick Punch
(10)

SQUATS

S. Splits
Straddle Punch
(10)

R

Side Squat
Over Shoulder
(10)

Side Squat
Pulses
(8)

V

L

Repeat on Left Side

Same as
Above

Yoga Squat
Curl FF Thru (10)
+ Bind

ABS / COOLDOWN

ABDOMINALS

Leg Crunches
(both weights to one leg)
10 reps ea. side

Eagle Crunches
(25 reps each side)
bridge in between

Rock & Roll
(6)

COOLDOWN

Seated Tortoise Bind

Reclined Knee Rolls
+ Happy Baby

Reclined Cobbler Stretch
(Head R & L)

FINAL RELAXATION