

1. The first part of the exercise is a warm-up. It consists of a series of simple movements that will help you to get into the right frame of mind and prepare your body for the more demanding exercises that follow.



2. The second part of the exercise is a series of more challenging movements. These are designed to improve your strength, flexibility, and coordination.

3. The third part of the exercise is a series of stretches. These are designed to help you to maintain flexibility and prevent injury.

4. The fourth part of the exercise is a series of core exercises. These are designed to strengthen your abdominal and lower back muscles.

5. The fifth part of the exercise is a series of cardio exercises. These are designed to improve your cardiovascular fitness and burn calories.

6. The sixth part of the exercise is a series of relaxation exercises. These are designed to help you to relax and reduce stress.

7. The seventh part of the exercise is a series of cool-down exercises. These are designed to help you to cool down and prevent injury.