

Poetry Series

**Andrew Zubinas**  
**- poems -**

**Publication Date:**  
2017

**Publisher:**  
Poemhunter.com - The World's Poetry Archive

# Andrew Zubinas(December 16,1970)

# The String Quartets: The Poems (Andrew G Zubinas)

## 20170709 #1

Teddy bear kneeling rotation.

Teddy bear leg lift.

Teddy bear single leg lift.

Teddy bear leg raise.

Teddy bear leg squat and reach.

.

Mermaid single leg squat and lift.

Mermaid chest press (with tubing) .

Mermaid reverse fly (with tubing) .

Mermaid lunge and reach (with med balls) .

Mermaid single leg lateral hop.

.

Dream dual leg squat jumps.

Dream single leg squat jump.

.

Soul vision

.

Heart sound kneeling rotation.

Heart sound leg lift.

Heart sound single leg lift.

Heart sound leg raise.

Heart sound leg squat and reach.

.

Lung sound single leg squat and lift.

Lung sound chest press (with tubing) .

Lung sound reverse fly (with tubing) .

Lung sound lunge and reach (with med balls) .

Lung sound single leg lateral hop.

.

Dream dual leg squat jumps.

Dream single leg squat jump.

.

Soul vision

Andrew Zubinas

# The String Quartets: The Poems (Andrew G Zubinas)

## 20170709 #2

Sviesta

.

Olive oil on bread kneeling rotation.

Olive oil on bread leg lift.

Olive oil on bread single leg lift.

Olive oil on bread leg raise.

Olive oil on bread leg squat and reach.

.

Olive oil on plate single leg squat and lift.

Olive oil on plate chest press (with tubing) .

Olive oil on plate reverse fly (with tubing) .

Olive oil on plate lunge and reach (with med balls) .

Olive oil on plate single leg lateral hop.

.

S1 dual leg squat jumps

S2 single leg squat jump

.

Her lavender

.

Olive oil salad kneeling rotation.

Olive oil salad leg lift.

Olive oil salad single leg lift.

Olive oil salad leg raise.

Olive oil salad leg squat and reach.

.

Her essential oils single leg squat and lift.

Her essential oils chest press (with tubing) .

Her essential oils reverse fly (with tubing) .

Her essential oils lunge and reach (with med balls) .

Her essential oils single leg lateral hop.

.

S3 dual leg squat jumps

S4 single leg squat jump

.

Her lilac



# The String Quartets: The Poems (Andrew G Zubinas)

## 20170709 #3

Elkhart Lake

.

Elk heart kneeling rotation.

Elk heart leg lift.

Elk heart single leg squat.

Elk heart leg raise.

Elk heart single leg squat and reach.

.

Elk antler single leg squat and lift.

Elk antler chest press (with tubing) .

Elk antler reverse fly (with tubing) .

Elk antler lunge and reach (with med balls) .

Elk antler single leg lateral hop.

.

Book chat dual leg squat jumps.

Book chat single leg lateral squat jump.

.

Elk artery kneeling rotation.

Elk artery leg lift.

Elk artery single leg squat.

Elk artery leg raise.

Elk artery single leg squat and reach.

.

Elk chandelier single leg squat and lift.

Elk chandelier chest press (with tubing) .

Elk chandelier reverse fly (with tubing) .

Elk chandelier lunge and reach (with med balls) .

Elk chandelier single leg lateral hop.

.

Coffee hour dual leg squat jumps

Coffee hour single leg lateral squat jump

.

The Elk Room

Andrew Zubinas

# The String Quartets: The Poems (Andrew G Zubinas)

## 20170709 #4

Migration of hands

.

Cradle kneeling rotation.

Cradle leg lift.

Cradle single leg squat.

Cradle leg raise.

Cradle single leg squat and reach.

.

Occipital single leg squat and lift.

Occipital chest press (with tubing) .

Occipital reverse fly (with tubing) .

Occipital lunge and reach (with med balls) .

Occipital single leg lateral hop.

.

Crocheting dual leg squat jumps

Crocheting single leg lateral squat jump

.

Beak kneeling rotation.

Beak leg lift.

Beak single leg squat.

Beak leg raise.

Beak single leg squat and reach.

.

Claw single leg squat and lift.

Claw chest press (with tubing) .

Claw reverse fly (with tubing) .

Claw lunge and reach (with med balls) .

Claw single leg lateral hop.

.

Quilting dual leg squat jumps

Quilting single leg lateral squat jump

.

Baby snapping turtle

Andrew Zubinas