

Favorite Mat

Sit Down No Hands		<u>Side Kicks:</u>	all 8x
Roll Back Variation	5x	- Front/Back	
The Hundred	100x	- Up/Down	
Roll Up	3x	- Double Leg Lower Lift	
Hip Lift	4x	- Lower Leg Lift	
Roll Over	3 sets	- Transitional Beats	
Single Leg Circles	6x	Teaser 3	3x
Rolling Like a Ball	8x	Teaser 2	3x
Single Leg Stretch	8 sets	Teaser 1	3x
Double Leg Stretch	6x	Swimming	3 breaths
Single Straight Leg Stretch	8 sets	Single Leg Lift to Push Up	2 sets
Double Straight Leg Stretch	8x	Leg Pull Front to Push Up	2 sets
Criss Cross	6 sets	Boomerang	2 sets
Spine Stretch Forward	4x	Seal	6x
Open Leg Rocker	6x		
Corkscrew	3 sets		
Saw	4 sets		
Neck Roll/Swan	5x		
Single Leg Kicks	10 sets		
Double Leg Kicks	3 sets		
Neck Pull	5x		
Shoulder Bridge	3 kicks		
Spine Twist	3 sets		