

Mat to the Max

Reformer Footwork	5 each	Leg Pull Front	3x
The Hundred	100	Push Up	10x
Roll Up	3	Side Bends	2 sets
Roll Over	1 Set	Kneeling Side Kicks	3 sets
Single Leg Circles	2x	Teaser 1	3x
Rolling Like a Ball	3x	Teaser 2	3x
Open Leg Rocker	3x	Teaser 3	3x
Stomach Series Combo		Hip Circles	3 sets
Spine Stretch Forward	1x	Swimming	1 breath
Saw	1 sets	Rocking	3x
Swan Dive	3x	Seal	4x
		Standing Stretches	