

Super Mat

The Hundred	100	Shoulder Bridge	3 sets
Roll Up	6x	High Bridge	3x
Roll Over	3 sets	<u>Side Kicks:</u>	all 10x
Single Leg Circles	5x	- Front/Back	
Joe's Circles	3x	- Up/Down	
KG's Find Your Strength		- Circles	
Rolling Like a Ball	6x	Teaser 1	3x
Single Leg Stretch	10 sets	Teaser 2	3x
Double Leg Stretch	5x	Teaser 3	3x
Single Straight Leg Stretch	10 sets	Hip Circles add arm circles	3 sets
Double Straight Leg Stretch	10x	Swimming	3 breaths
Criss Cross	10 sets	Chest Expansion	3 sets
Spine Stretch Forward	5x	Thigh Stretch	3x
Open Leg Rocker	6x	Leg Pull Front	9 sets
Corkscrew w/Hips over	6 sets	Leg Pull Back	3 sets
Saw	4 sets	Kneeling Side Kicks	3 sets ea
Neck Roll/Swan	5x	Mermaid	3 sets
Single Leg Kicks	5 sets	Snake/Twist/Side Bend	3 sets
Double Leg Kicks	3 sets	Rocking	6x
Neck Pull	5x	Balance Control	3x
High Scissors	3 sets	Boomerang	3 sets
High Bicycle	3 sets	Crab	5x
High Large Scissors	3 sets	Seal	6x
High Large Bicycle	3 sets	Push Ups	3x
Spine Twist	3 kicks	Jumping	10x ea
Jackknife	1x	Monkey	3x