

Variations on the Mat

The Hundred	100	<u>Side Kicks:</u>	all 8x
Roll Up	3x	- Front/Back	
Roll Down	2x	- Up/Down	
Single Leg Circles	5x	- Circles	
Rolling Like a Ball	5x	- Inner Thigh Lifts, Circles, 2 leg lift	
Single Leg Stretch	8 sets	- Bicycle	
Double Leg Stretch	5x	- Double Bicycle	
Single Straight Leg Stretch	8 sets	- Big Circle	
Double Straight Leg Stretch	6x	Teaser 1	3x
Criss Cross	8 sets	Teaser 2 add leg circles	6x
Spine Stretch Forward to Open	3 sets	Teaser 3	3x
Leg Combo		Can Can	4 sets
Corkscrew w/Hips over	4x	Teaser 3	3x
Saw	2 sets	Swimming	3 breaths
Tick Tok	2 sets	Leg Pull Front	6 sets
Neck Roll	3x	Leg Pull Back	6 sets
Single Leg Kicks	5 sets	Kneeling Side Kicks	4 sets
Double Leg Kicks	4 sets	Mermaid	3 sets
Thigh Stretch	3x	Snake 1 arm	2 sets
Neck Pull	4x	Side Bend add arm & Leg Lift	6x ea side
		Boomerang	2 sets
		Seal	6x
		Stretches	
		Front to Side Splits	