

Pelvic Stability Mat

The Hundred	100
Roll Back	5 sets
Single Leg Circle	5x ea
Rolling Like a Ball	6x
Single Leg Stretch	5 sets
Double Leg Stretch	5x
Single Straight Leg	5 sets
Double Straight Leg	5x
Criss Cross	5 sets
Spine Stretch Forward	3x
Rocker with Open Legs	6x
The Cork-Screw	3 sets
The Saw	3 sets
Teaser prep	
Tree	1 set
Rolling like a Ball	5x
Cat Cow	3x
Standing Shoulder Rolls	5 sets
Arm Circles	3 sets