

Gina's Daily Mat

The Hundred	100
Roll Up	4x
Roll Over	3 sets
Single Leg Circles	5x
Rolling Like a Ball	8x
Single Leg Stretch	8 sets
Double Leg Stretch	5x
Single Straight Leg Stretch	8 sets
Double Straight Leg Stretch	8x
Criss Cross	8 sets
Spine Stretch Forward	4x