

Stretchy Wake Up Mat

Roll Up	5x		
Climb a Tree	3 each		
Leg Stretch	side		
Rolling Like a Ball	3 each		
Single Leg Stretch	Side		
Double Leg Stretch	5x		
Single Straight Leg Stretch	10 sets		
Double Straight Leg Stretch	5x		
Criss Cross	6 sets		
Spine Stretch Forward with Arm Circles	4x		
Saw	4 sets		
Single Leg Kicks	5 sets		
Double Leg Kicks	1 sets		
Pull Straps	2x		
Teaser 1 add twist	3x		
Seal	5x		
Side Bends			