

## Get Flexy Mat

Tree Prep	
The Hundred	100
Tree Prep with Strap	
Roll Up	3x
Tree Prep	
Single Leg Circles	5x
Tree Prep	
Rolling Like a Ball	6x
Single Leg Stretch	5 sets
Double Leg Stretch	5x
Tree Prep	
Single Straight Leg Stretch	8 sets
Double Straight Leg Stretch	5x
Criss Cross	5 sets
Spine Stretch Forward add Arm Circles	5x
Tree Prep	
Open Leg Rocker	5x
Teaser 1	3
Teaser 1 lower one leg	3 sets
Sea	6x
Standing Tree Prep	