

Mat - Jay Grimes

The Hundred

Roll Up

Roll Over

Single Leg Circles

Rolling Like a Ball

Single Leg Stretch

Double Leg Stretch

Single Straight Leg Stretch

Double Straight Leg Stretch

Criss Cross

Spine Stretch Forward

Open Leg Rocker

Corkscrew

Saw

Swan

Single Leg Kicks

Double Leg Kicks

Thigh Stretch Mat

Neck Pull

High Scissors

High Bicycle

Shoulder Bridge

Spine Twist

Jackknife

Side Kick Series

-Front/Back

-Up/Down

-Small Circles

-Big Circles

Teaser 1

Teaser 2
Teaser 3
Hip Circles
Swimming
Leg Pull Front (Down)
Leg Pull Back (Up)
Kneeling Side Kicks
Side Bend
Boomerang
Seal
Crab
Rocking
Balance Control - Roll Over
Push Ups