

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