

## Powerhouse Attack Mat

Breathing		Tree	2 ea side
Footwork	10x	Long Stretch Series on Mat	
The Hundred	100	Mermaid	3 sets
Roll Up	5x	<u>Side Kicks:</u>	all 8x
Roll Over	3 sets	- Front/Back	
Single Leg Circles	5x	- Up/Down	
Rolling Like a Ball	6x	- Circles	
Single Leg Stretch	6 sets	- Inner Thigh Lifts, Circles	
Double Leg Stretch	6x	- Double Leg Lift	
Single Straight Leg Stretch	6 sets	- Bicycle	
Double Straight Leg Stretch	6x	Teaser 1 1 Leg	3x
Criss Cross	6 sets	Teaser 2	3x
Spine Stretch Forward	3x	Teaser 3	3x
Saw	4 sets	Swimming	3 breaths
Corkscrew	3 sets	Stomach Massage	3 sets
Coordination	4x	Seal	6x
Neck Roll/Swan	5x	Push Up	3x
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Pulling Straps	2x		
Hug	3x		
Flat Back	3x		
Side to Side	3x		
Twist	3x		

