Retornar à vida Mat em Portugués

Sit Down No Hands		<u>Side Kicks</u>:	
The Hundred	100	- Front/Back	3x
Roll Up	3x	Teaser 3	3x
Roll Over	3 sets	Hip Circles	3 sets
Single Leg Circles	5x	Swimming	3 breaths
Rolling Like a Ball	6x	Leg Pull Front	3 sets
Single Leg Stretch	11 sets	Leg Pull Back	3 sets
Double Leg Stretch	12x	Kneeling Side Kicks	4 sets
Spine Stretch Forward	5x	Side Bend	3 each
Open Leg Rocker	6x	Boomerang	3 sets
Corkscrew w/Hips over	2 sets	Seal	6x
Saw	3 sets	Crab	5x
Swan Dive	6x	Rocking	5x
Single Leg Kicks	5 sets	Control Balance	5 sets
Double Leg Kicks	3 sets	Push Ups	3x
Neck Pull	3x		
High Scissors	4x		
Hig Bicycle	4x		
Shoulder Bridge	3 kicks		
Spine Twist	3 sets		
Jackknife	3x		