

Rhythmic Mat

The Hundred	100	<u>Side Kicks:</u>	all 6x
Roll Up with Bar	5x	- Front/Back	
Roll Over	3 sets	- Up/Down	
Single Leg Circles	5x	- Circles	
Rolling Like a Ball	8x	Teaser 1	3x
Single Leg Stretch	5 sets	Teaser 2	3x
Double Leg Stretch	5x	Teaser 3	3x
Single Straight Leg Stretch	5 sets	Hip Circles	3 sets
Double Straight Leg Stretch	5x	Swimming	3 breaths
Criss Cross	5 sets	Leg Pull Front	3 sets
Spine Stretch Forward	5x	Leg Pull Back	3 sets
Open Leg Rocker	6x	Kneeling Side Kicks	4 sets
Corkscrew w/Hips over	3 sets	Side Bend	3x ea side
Saw	4 sets	Boomerang	3 sets
Swan	6x	Seal	6x
Single Leg Kicks	5 sets	Crab	6x
Double Leg Kicks	3 sets	Rocking	5x
Thigh Stretch	5x	Control Balance	3x
Neck Pull	5x	Push Ups	4x
High Scissors	5 sets	Push up to Headstand	3x
High Bicycle	5 sets	Rolling Like a Ball to Teaser to	
Shoulder Bridge	5 kicks	Jump	
Spine Twist	3 sets		
Jackknife	5x		

