

## 20 Minute Mat

Footwork	10 each	Rowing from Chest	3x
The Hundred	100	Rowing from Hips	3x
Roll Up	3x	Rowing into Sternum	3x
Single Leg Circles to Tree	3x		
Rolling Like a Ball	8x		
Single Leg Stretch	10 sets		
Double Leg Stretch	5x		
Criss Cross	5 sets		
Spine Stretch Forward	3x		
Open Leg Rocker	6x		
Corkscrew	3 sets		
Saw	4 sets		
Swan Dive			
Single Leg Kicks	5 sets		
Double Leg Kicks	3 sets		
Neck Pull	3x		
Shoulder Bridge	5 kicks		
Leg Pull	3x		
Teaser 1	3x		
Teaser 1 with 1 leg	3x each		
Seal	6x		
Reformer Front Split			
Rocking Prep			
Push Up	8x		

