

## Age Strong Mat

Foot Exercises		<u>Side Kicks:</u>	All 6x
Breathing Exercises		- Front/Back	
Hundred Prep		- Up/Down	
The Hundred	100	- Circles	
Roll Back	3x	- Inner Thigh Lifts	
The Roll Up	3x	- Beats	
Single Leg Circle	5x ea	The Teaser	3x
Tree	3x	Swimming	20x
Rolling Like a Ball	6x	The Seal	6x
Single Leg Stretch	9x		
Double Leg Stretch	9x		
Single Straight Leg	3 sets		
Double Straight Leg	3x		
Criss Cross	3 sets		
The Spine Stretch	3x		
Saw	3 sets		
Swan Prep/Neck Roll	3x		
Shoulder Bridge	1 Kick		