

Mix & Match Mat

Footwork	8x ea	<u>Side Kicks:</u>	all 5x
The Hundred	100	- Front/Back	
Roll Up	5x	- Up/Down	
Roll Over	3 sets	- Circles	
Single Leg Circles	5x	- Transitional Beats	
Rolling Like a Ball	5x	1 leg Teaser 1	3x each
Single Leg Stretch	6 sets	Teaser 2	3x
Double Leg Stretch	6x	Swimming	3 breaths
Single Straight Leg Stretch	6 sets	Leg Pull Front	3 sets
Double Straight Leg Stretch	6x	Boomerang	3 sets
Criss Cross	6 sets	Seal	6x
Spine Stretch Forward	3x	Push Ups	3x
Saw	4 sets		
Neck Roll/Swan	3x		
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Hug	3x		
Tree	3 sets		
Shoulder Bridge	3 kicks		
Jackknife	3x		