

Star Mat

The Hundred	100	<u>Side Kicks:</u>	all 5x
Roll Up	3x	- Front/Back	
Roll Over	3 sets	- Up/Down	
Single Leg Circles	3x	- Lower Leg Circles	
Rolling Like a Ball	5x	- Top leg Circles	
Single Leg Stretch	8 sets	- Scissors	
Double Leg Stretch	4x	- Can Can	
Single Straight Leg Stretch	8 sets	Hip Circles	2 sets
Double Straight Leg Stretch	4x	Teaser 3, 2, 1 Combo	3x
Criss Cross	6 sets	Swimming	3 breaths
Spine Stretch Forward	3x	Leg Pull Front	2 sets
Open Leg Rocker	8x	Leg Pull Back	2 sets
Jackknife Corkscrew combo	3 sets	Kneeling Side Kicks	4 sets
Saw	4 sets	Mermaid Side Bend Combo	3x each
Swan Prep		Boomerang	1 set
Neck Roll/Swan	5x	Balance Control	3x
Single Leg Kicks	5 sets	Crab	4x
Double Leg Kicks	2 sets	Rocking	5x
Neck Pull	4x	Seal	3x
Spine Twist	3 sets	Push Ups Star Combo	3 sets
		Monkey	3x