

All Of It Mat

The Hundred	100	<u>Side Kicks:</u>	all 3x
Roll Up	5x	- Inner Thigh lift	
Roll Over	3 sets	- Up / Down	
Single Leg Circles	5x	- Both Legs Up / Down	
Rolling Like a Ball	6x	- Beats	
Single Leg Stretch	5 sets	- Scissors	
Double Leg Stretch	5x	- Bicycle	
Bicycle to sit up		Rowing into Teaser	
Single Straight Leg Stretch	5 sets	Teaser 1	3x
Double Straight Leg Stretch	5x	Teaser 2	3x
Criss Cross	5 sets	Teaser 3	3x
Pelvic Lift		Hip Circles	3 sets
Spine Stretch Forward	3x	Swimming	3 breaths
Open Leg Rocker Prep		Leg Pull Front	3 sets
Open Leg Rocker	3x	Leg Pull Back	3 sets
Corkscrew	3 sets	Kneeling Side Kicks	4 sets
Saw	4 sets	Side Bend	3x ea side
Swan	3x	Twist Combo	3 sets
Single Leg Kicks	6 sets	Boomerang	2 sets
Double Leg Kicks	3 sets	Seal	3x
Neck Pull	4x	Crab	5x
High Scissors	3 sets	Rocking	5x
High Bicycle	3 sets	Control Balance	3x
Shoulder Bridge	9 kicks	Push Ups	3x
Spine Twist	3 sets		
Jackknife	3x		