

## Mat for Low Back Care

The Hundred	100	<u>Side Kicks:</u>	all 6x
Single Leg Circles	5x	- Front/Back	
Single Leg Stretch	5 sets	- Up/Down	
Double Leg Stretch	5x	- Circles	
Single Straight Leg Stretch	5 sets	- Bicycle	
Double Straight Leg Stretch	5x	- Beats	
Corkscrew	2 sets	Swan Prep	
Neck Roll	3x	Rowing from chest	
Single Leg Kicks	5 sets	Hug a Tree	
Double Leg Kicks	3 sets	Plank	
		Side Plank	