

## Midline Mat with Shari

The Hundred	100	<u>Side Kicks:</u>	All 10x
Roll Up	4x	- Front / Back	
Single Leg Circles	5x	- Up / Down	
Rolling Like a Ball	6x	Teaser 1 (feet down)	3x
Single Leg Stretch	8 sets	Teaser 1	6x
Double Leg Stretch	8x	Side Plank	3 sets
Single Straight Leg Stretch	8 sets	Seal	6x
Double Straight Leg Stretch	8x	Plank	
Criss Cross	3 sets	Plank to Stand	
Spine Stretch Forward	5x		
Open Leg Rocker	5x		
Corkscrew	4 sets		
Saw	3 sets		
Swan Prep			
Single Leg Kicks	10 sets		
Double Leg Kicks	3 sets		
Neck Pull	5x		
Shoulder Bridge	5x		