

Hot & Sweaty Mat

Sit Down No Hands		<u>Side Kicks:</u>	all 8x
The Hundred add legs	100	- Front/Back	
Roll Up	5x	- Up/Down	
Roll Over	3 sets	- Circles	
Single Leg Circles in 100 position	5x	- Inner Thigh Lifts & Circles	
Rolling Like a Ball	5x	- Hot Potato	
Single Leg Stretch	10 sets	- Bicycles	3x
Double Leg Stretch	10x	- Roll to Split	
Single Straight Leg Stretch	10 sets	Teaser 3	3x
Double Straight Leg Stretch	8x	Teaser 2	3x
Criss Cross add Roll	5 sets	Teaser 1	3x
Spine Stretch Forward add Lift	5x	Hip Circles	20x
Open Leg Rocker	6x	Swimming	3 breaths
Corkscrew w/Hips over	3 sets	Leg Pull Front add push up	3 sets
Saw	4 sets	Push Ups	3x
Neck Roll	1x	Leg Pull Back	3 sets
Swan Dive	4x	Kneeling Side Kicks	3sets
Single Leg Kicks	5 sets	Snake/Twist	3 sets
Double Leg Kicks	2 sets	Seal	6x
Neck Pull	4x	Sit Down No Hands	4 sets
Jackknife	3x	Jumping	
Spine Twist	3 sets		
Shoulder Bridge add Leg Circle	3 kicks		