

Heart Racer Mat

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| Sit Down No Hands | |
| The Hundred and Series of 5 Mashup | 100 |
| Rolling Like a Ball to Standing | 5x |
| Single Leg Circles to Tree | 4x |
| Corkscrew | 3 sets |
| Saw | 4 sets |
| Swan Dive | 5x |
| Double Leg Kicks | 2 sets |
| Knee Stretches on the Mat | 8x |
| Kneeling Side Kicks | 3x |
| Elephant on the Mat | 3x |
| Push Ups | 3x |
| Push Ups 1 Leg | 3 sets |