

Imagine Mat

The Hundred	100		Bean Bag	
Roll Up	5x		Ped-o-Pul	3 each
Single Leg Circles	5x		Roll Back Bar	3 each
Rolling Like a Ball	9x		Push Thru Bar	2x
Coordination	4x		Roll Back	3x
Pull Straps	3x		Breathing	
T Straps	3x			
Backstroke	4x			
Swimming	12x			
Teaser (like Reformer)	2x			
Teaser 1	3x			
Seal	5x			
Press Down	3x			
Arm Frog	2x			
Leg Press Down - Front	3 sets			
Leg Press Down - Side	3 sets			
Leg Press Down - Back	3 sets			
Mountain Climbing	16 each			