

Quiet Mat Class 1 of 2

The Hundred	100	<u>Side Kicks:</u>	all 8x
Roll Up	5x	- Front/Back	
Single Leg Circles	5x	- Up/Down	
Rolling Like a Ball	5x	- Circles	
Single Leg Stretch	8 sets	- Double Leg Lower Lift	
Double Leg Stretch	8x	- Bottom Leg Lower Lift	
Single Straight Leg Stretch	8 sets	- Clam Shells	
Double Straight Leg Stretch	8x	- Bicycle	
Criss Cross	8 sets	- Transitional Beats	
Spine Stretch Forward	3x	1 Leg Teaser 1	3x
Open Leg Rocker	5x	1 Leg Teaser 2	3x
Corkscrew	4 sets	Teaser 1	3x
Saw	4 sets	Swimming	3 breaths
Swan Prep	3x	Seal	6x
Single Leg Kicks	5 sets	Push Ups	3x
Double Leg Kicks	3 sets		
Neck Pull	5x		