



Basic Mat with Arm Weights

Sit Down no Hands
Hundred
Roll Up
Leg Circles
Rolling Like a Ball
Single Leg Stretch
Double Leg Stretch
Single Straight Leg Stretch
Double Straight Leg Stretch
Criss Cross
Spine Stretch Forward
Castanets
90 Degrees
 -Front
 -Side
Bicep Curls
Low Curls
Zip Up
Chest Expansion
Side Bends