

Dancers Mat with Phoebe

Breathing	3 breaths	<u>Side Kicks:</u>	all 5x
PrePilates Exercises		- Front/Back	
The Hundred	100	- Up/Down	
Side Stretch lying Down		- Circles	
Roll Up	3x	- Inner Thigh Circles	
Single Leg Circles	3x	- Beats	
Rolling Like a Ball	10x	Teaser 1	3x
Single Leg Stretch add bicycle	5 sets	Seal	6x
Double Leg Stretch	10x	Swimming	3 breaths
Single Straight Leg Stretch	5 sets	Downward Dog Stretch	
Double Straight Leg Stretch	5-x	Walk feet to hands	
Criss Cross add roll	10 sets	Roll Up to Stand	
"The Gabby"	10 sets		
Spine Stretch Forward	3x		
Saw add look over & back arm down	4 sets		
Baby Corkscrew	2 sets		
Neck Roll/Swan Prep	3x		
Single Leg Kicks	5 sets		
Rocking Prep			
Neck Pull	4x		
Tree	1 set		

