

## Precision Flow Mat

The Hundred	100	<u>Side Kicks:</u>	all 5x
Roll Up	5x	- Front/Back	
Single Leg Circles	6x	- Up/Down	
Rolling Like a Ball	8x	- Circles	
Single Leg Stretch	6 sets	- Double leg lower lift, beats	
Double Leg Stretch	6x	Teaser 1	6x
Single Straight Leg Stretch	6 sets	Teaser 2	3x
Double Straight Leg Stretch	6x	Teaser 3	3x
Criss Cross	6 sets	Swimming	3 breaths
Spine Stretch Forward	6x	Seal	6x
Open Leg Rocker	6x		
Corkscrew	4 sets		
Saw	4 sets		
Swan Dive			
Single Leg Kicks	5 sets		
Double Leg Kicks	3 sets		
Neck Pull	5x		