

Uncle Joe's Mat

The Hundred	100	<u>Side Kicks:</u>	all 5x
Roll Up	6x	- Front/Back	
Roll Over	5 sets	Teaser 1	3x
Single Leg Circles	5x	Hip Circles	3 sets
Rolling Like a Ball	6x	Swimming	3 breaths
Single Leg Stretch	6 sets	Leg Pull Front	3 sets
Double Leg Stretch	10x	Leg Pull Back	3 sets
Spine Stretch Forward	3x	Kneeling Side Kicks	5 sets
Open Leg Rocker	6x	Side Bend	3x ea side
Corkscrew w/Hips over	3 sets	Boomerang	3 sets
Saw	4 sets	Seal	3x
Swan	5x	Crab	4x
Single Leg Kicks	5 sets	Rocking	5x
Double Leg Kicks	3 sets	Control Balance	3x
Neck Pull	3x	Push Ups	3 sets
High Scissors	3 sets		
High Bicycle	3 sets		
Shoulder Bridge	5 kicks		
Spine Twist	3 sets		
Jackknife	4x		