

Half-Time Double-Time Mat

The Hundred	100	Teaser 3	6x
The Roll Up	5x	Swimming	20x
Roll Over	4x	Leg Pull	4 sets
Single Leg Circles	5x ea	Seal	5x
Rolling Like a Ball	8x	Rocking	5x
The One Leg Stretch	10x ea	Push Up to Pike to Stand	
The Double Leg Stretch	5x		
Spine Stretch Forward	4x		
Open Leg Rocker	8x		
Teaser			
Tic Toc	3 sets		
The Swan-Dive	3 sets		
Double Leg Kick	4x		
The Neck Pull	4x		
Shoulder Bridge			
Jackknife	3x		
Sidekicks	5 each		
- Front / Back			
- Beats			