

7 Minutes in Heaven

The Hundred	100		
The Roll Up	3x		
The Roll Over	5x		
The One Leg Circle	3x ea		
Rolling Like a Ball	3x		
Roll to Standing	3x		
The One Leg Stretch	3x		
The Double Leg Stretch	3x		
Single Straight Leg	3x		
Double Straight Leg	3x		
Criss Cross	3x ea		
The Spine Stretch	3x		
Rolling to Standing	3x		