

Intensity Legs with Mariano

Heel Lift Squat	5x	<u>Side Kicks:</u>	all 3x
Sit no Hands		- Front/Back	
The Hundred	100	- Up/Down	
Roll Up	3x	- Leg lift and beats	
Single Leg Circles	5x	Teaser 1	3x
Rolling Like a Ball	5x	Seal	6x
Single Leg Stretch	5 sets	Mountain Climb on Wall	1 each
Double Leg Stretch	5x	Side Splits	3x
Single Straight Leg Stretch	5 sets	Fencing	2 each
Double Straight Leg Stretch	5x		
Criss Cross	3 sets		
Spine Stretch Forward	2x		
Open Leg Rocker	3x		
Corkscrew	1 set		
Saw	1 set		
Single Leg Kicks	3 sets		
Double Leg Kicks	1 set		
Neck Pull	3x		
Shoulder Bridge	3 kicks		