

## Cue-Less Mat with Carrie

100	The Hundred
3x	The Roll Up
5x ea	The One Leg Circle
6x	Rolling Like a Ball
8x	Single Leg Stretch
8x	Double Leg Stretch
8x	Single Straight Leg
6x	Double Straight Leg
2 sets	Criss Cross
3x	The Spine Stretch
5x	Rocker with Open Legs
3 sets	The Cork-Screw
3 sets	The Saw
3 sets	Neck Roll
5 sets	Single Leg Kicks
3	Double Leg Kicks
3 - 5 each	<u>Side Kicks:</u>
	- Front/Back
	- Up/Down
	- Inner Thigh Lifts & Circles
	- Bicycle
3x	The Teaser
5x	The Seal