



Sit to Mat

Upper body curl/ knees bent feet on mat (5x)

One leg bent in/ curl up/ extend leg/ reach leg down/up/in/lower (3x)

Hundred 1/2 w/ Beats

Combo: Roll up to Roll like a ball to Open leg rocker to teaser (5x)

Roll everything down long

Slide legs in / glued bridges (3x)

Combo: Single leg stretch to Double leg stretch to Teaser (5x)

Front Rowing

Stretchy spine stretch forward (3x)

Spine twist

Kneeling side work & middle work

Sit back / thigh stretch / chest expansion

Stand legs wide/ side to side stretch