Fix Your Tight Hamstrings Class 2 - Workout: Exercise List

The Hundred	100	The Teaser	5x
The Roll Up	6x	The Seal	3x
The One Leg Circle	5x ea	Sit in Chair with band	
Rolling Like a Ball	3x	- Leg straight - Bend forward	5x
The One Leg Stretch	5x	Stand behind chair	
The Double Leg Stretch	5x	-1 leg on chair - forward bend	5x
Single Straight Leg	5x		
Double Straight Leg	5x		
Criss Cross	5x		
The Spine Stretch	3x		
Rocker with Open Legs	6x		
The Cork-Screw	3 sets		
The Saw	3 sets		
The Swan	2x		
The One Leg Kick	4 sets		
The Neck Pull	4x		
Side Kick (Front/Back)	10x		