

Core Fire Mat

Lay down / Breathing		The Leg Pull	3 sets
Lower and lift legs		Spine Twist	2 sets
Lower and Lift arms		Side Kick Series	3x ea
Lower and lift Both		The Teaser	3x
The Hundred	100	Swimming	20x
The Roll Up	5x	The Leg Pull Front	3 sets
The One Leg Circle	5x ea	The Leg Pull	3 sets
Rolling Like a Ball	6x	Mermaid	3 sets
The Single Leg Stretch	7x	The Seal	10x
The Double Leg Stretch	7x	The Push Up	5
Single Straight Leg	7x		
Double Straight Leg	7x		
Criss Cross	7x		
Spine Stretch Forward	4x		
Rocker with Open Legs	6x		
The Cork-Screw	3 sets		
Roll Over	2		
The Saw	2x		
The Swan-Dive	3 sets		
The Single Leg Kick	5x		
The Double Kick	3x		