

Mat Workout for Shoulder Injury

Roll Down	6x		
The Hundred	100		
The Roll Up	5x		
The One Leg Circle	5x ea		
Rolling like a Ball	6x		
The One Leg Stretch	8x		
The Double Leg Stretch	8x		
Single Straight Leg Stretch	8x		
Double Straight Leg Stretch	8x		
Criss Cross	8x		
The Spine Stretch	3x		
Teaser	11x		