

## One Rep Mat

The Hundred	100	Shoulder Bridge	1
Roll Up	1	<b>Spine Twist</b>	1
<b>Roll Over</b>	1	<b>Jackknife</b>	1
Single Leg Circles	1	<u>Side Kicks:</u>	all 1x
Rolling Like a Ball	1	Front/Back - Up/Down - Circles	
Single Leg Stretch	1	Teaser 1	1x
Double Leg Stretch	1	<b>Teaser 2</b>	1x
Single Straight Leg Stretch	1	<b>Teaser 3</b>	1x
Double Straight Leg Stretch	1	<b>Swimming</b>	1
Criss Cross	1	<b>Leg Pull Front</b>	1 set
Spine Stretch Forward	1	<b>Leg Pull Back</b>	1 set
Open Leg Rocker	3	<b>Kneeling Side Kicks</b>	1 set
Corkscrew <b>w/Hips over</b>	1	<b>Side Bend</b>	1 ea side
Saw	1	<b>Boomerang</b>	1 set
<b>Neck Roll/Swan</b>	1	Seal	1x
Single Leg Kicks	1	<b>Crab</b>	1x
Double Leg Kicks	1	<b>Rocking</b>	1x
Tigh Stretch	1	<b>Control Balance</b>	1x
Neck Pull	1	Push Ups	1x
<b>High Scissors</b>	1	1 Leg Push up	1 ea side
<b>High Bicycle</b>	1		