

Mat at Home: Home Stretch

The Hundred	100	<u>Side Kicks:</u>	all 5x
Roll Up	3-5x	- Front/Back	
Roll Over	3 sets	- Up/Down	
Single Leg Circles	5x	- Circles	
Rolling Like a Ball	8x	Teaser 1	3x
Single Leg Stretch	10 sets	Seal	6x
Double Leg Stretch	10x		
Single Straight Leg Stretch	8 sets		
Double Straight Leg Stretch	7x		
Criss Cross	3 sets		
Spine Stretch Forward	5x		
Open Leg Rocker	3x		
Corkscrew	5 sets		
Saw	4 sets		
Neck Roll	5x		
Single Leg Kicks	5 sets		
Double Leg Kicks	3 sets		
Neck Pull	5x		