

## Mat at Home: Towel Challenge

The Hundred	100
Roll Up	3-5x
<b>Roll Over</b>	3 sets
Single Leg Circles	5x
Rolling Like a Ball	4x
Single Leg Stretch	7 sets
Double Leg Stretch	7x
Single Straight Leg Stretch	10 sets
Double Straight Leg Stretch	10x
Criss Cross	3 sets
Spine Stretch Forward	5x
Open Leg Rocker	5x
Corkscrew	3 sets
Saw	4 sets
Neck Roll	3x
Single Leg Kicks	5 sets
Double Leg Kicks	2 sets
Neck Pull	4x
Teaser 1	3x
Seal	6x