

## Mat at Home: Cardio Zone

The Hundred add leg cross	100		<u>Side Kicks:</u>	All 5x
Roll Up	5x		- Front/Back	
Single Leg Circles	5x		- Hot Potato	
Rolling Like a Ball	7x		- Scissors	
Single Leg Stretch	10 sets		Teaser 3	3x
Double Leg Stretch	10x		Seal	6x
Single Straight Leg Stretch	10 sets		Push Ups	9x
Double Straight Leg Stretch	10x			
Criss Cross	10 sets			
Spine Stretch Forward	5x			
Open Leg Rocker	6x			
Corkscrew	2 sets			
Saw	4 sets			
Swan Dive	5x			
Single Leg Kicks	5 sets			
Double Leg Kicks	3 sets			
Neck Pull	5x			