

## Mat at Home: Weighted Mat

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