

Mat at Home: Band Power

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
Spine Stretch Forward	5x
Open Leg Rocker	6x
Corkscrew	3 sets
Saw	4 sets
Neck Roll	1x
Single Leg Kicks	5 sets
Double Leg Kicks	2 sets
Neck Pull	5x
Teaser 1	3x
Teaser 2	3x
Teaser 3	3x
Seal	6x
Chest Expansion	2 sets