

Super Advanced Mat with Simona

The Hundred	100	<u>Side Kicks:</u>	all 3x
Roll Up	3x	- Leg Lifts	
Roll Over	3 sets	- Beats	
Single Leg Circles	3x	- Inner Thigh Circles	
Rolling Like a Ball	6x	- Scissors	
Single Leg Stretch	8 sets	- Hot Potato	
Double Leg Stretch	5x	- Big Circles	
Single Straight Leg Stretch	8 sets	- Front Split	
Double Straight Leg Stretch	5x	- Side Split	
Criss Cross	5 sets	Teaser 1	3x
Spine Stretch Forward	3x	Teaser 2	3x
Open Leg Rocker	6x	Teaser 3	3x
Corkscrew w/Hips over	3 sets	Teaser 4	3x
Saw	3 sets	Hip Circles	2 sets
Swan Dive	5x	Swimming	3 breaths
Single Leg Kicks	5 sets	Leg Pull Front	3 sets
Double Leg Kicks	3 sets	Leg Pull Back	3 sets
Neck Pull	4x	Kneeling Side Kicks	4 sets
High Scissors	3 sets	Mermaid	3 sets
High Bicycle	3 sets	Snake/Twist	3 sets
Shoulder Bridge	3 kicks	Boomerang	2 sets
Spine Twist	3 sets	Side Bends/twist	2 each
Jackknife	3x	Chest Expansion	1 set
		Thigh Stretch	
		Rocking	3x
		Crab	4x
		Control Balance	2x
		Seal	6x
		Push Ups	6x

