

## Ignition Mat

The Hundred	100	<u>Side Kicks:</u>	all 6x
Roll Up	6x	- Front/Back	
Roll Over	3 sets	- Transitional Beats	
Single Leg Circles	5x	Spine Twist	2 sets
Rolling Like a Ball	8x	Jackknife	3x
Single Leg Stretch	5 sets	Teaser 1	6x
Double Leg Stretch	5x	Teaser 2	3x
Single Straight Leg Stretch	5 sets	Teaser 3	3x
Double Straight Leg Stretch	5x	Swimming	3 breaths
Criss Cross	5 sets	Seal	9x
Spine Stretch Forward	5x	Push Ups	3x
Open Leg Rocker	3x		
Corkscrew	5 sets		
Saw	4 sets		
Neck Roll	3x		