

Aloha Flow 2 of 5 - Variations Mat

The Hundred	100
Roll Up	5x
Roll Over	3 sets
Single Leg Circles	5x
Rolling Like a Ball	7x
Single Leg Stretch	10 sets
Double Leg Stretch	5x
Single Straight Leg Stretch	6 sets
Double Straight Leg Stretch	5x
Criss Cross	6 sets
Spine Stretch Forward	3x
Open Leg Rocker	6x
Corkscrew	6 sets
Saw	4 sets
Cat/Cow	2x
Neck Roll/Swan	3x
Single Leg Kicks	5 sets
Double Leg Kicks	2 sets
Swan	3x
Child Pose	1x
Neck Pull	8x