

Mat Essentials - Control

The Hundred	100
Roll Up	5x
Single Leg Circles	6x
Rolling Like a Ball	6x
Single Leg Stretch	6 sets
Double Leg Stretch	6x
Single Straight Leg	8 sets
Double Straight Leg	5x
Criss Cross	2 sets
Spine Stretch Forward	5x
Corkscrew	3 sets
Saw	4 sets
Modified Neck Roll & Swan	4x
Side Kick Series	6 each
-Front / Back	
-Up/Down	
-Circles	
-Inner thigh Lift	
-Inner Circles	
-beats	
Teaser 1	6x
Seal	5x