

Mat Essentials - Opening

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| The Hundred | 100 | Neck Pull | 4x |
| Roll Up | 4x | Jackknife | 3x |
| Roll Over | 3 sets | Spine Twist | 3 sets |
| Single Leg Circles | 5x | High Scissors | 2 sets |
| Rolling Like a Ball | 5x | High Bicycle | 3 sets |
| Single Leg Stretch | 7 sets | Shoulder Bridge | 3 kicks |
| Double Leg Stretch | 5x | Mermaid | 3 sets |
| Single Straight Leg Stretch | 6 sets | Chest Expansion | 3x |
| Double Straight Leg Stretch | 4x | Seal | 4x |
| Criss Cross | 2 sets | | |
| Spine Stretch Forward | 5x | | |
| Open Leg Rocker | 5x | | |
| Neck Roll/Swan | 5x | | |
| Single Leg Kicks | 5 sets | | |
| Double Leg Kicks | 3 sets | | |