

Carrie Russo Mat Essentials - Flow

The Hundred	100		<u>Side Kicks:</u> all 5x
Roll Up	5x		- Front/Back
Single Leg Circles	5x		- Up/Down
Rolling Like a Ball	5x		- Circles
Single Leg Stretch	5 sets	- Inner Thigh Lifts, Circles, & Beats	
Double Leg Stretch	5x		Transitional Beats
Single Straight Leg Stretch	5 sets		Teaser Single Leg 3x
Double Straight Leg Stretch	5x		Teaser 1 3x
Criss Cross	2 sets		Teaser 2 3x
Spine Stretch Forward	5x		Teaser 3 3x
Open Leg Rocker	5x		Seal 6x
Corkscrew w/Hips over	3 sets		Marching 8x
Saw	4 sets		
Neck Roll/Swan	4x		
Single Leg Kicks	4 sets		
Double Leg Kicks	2 sets		
Neck Pull	4x		