

Sweat & Flow with Juan

The Hundred	100	<u>Side Kicks:</u>	all 9x
Roll Up	8x	- Front/Back	
Single Leg Circles	5x	- Up/Down	
Rolling Like a Ball	8x	- Circles	
Single Leg Stretch	8 sets	- Bicycle	
Double Leg Stretch	8x	- Big Circles	
Single Straight Leg Stretch	8 sets	Teaser 1	3x
Double Straight Leg Stretch	6x	Teaser 2	3x
Criss Cross	8 sets	Teaser 3	3x
Spine Stretch Forward	4x	Swimming	3 breaths
Open Leg Rocker	4x	Seal	6x
Corkscrew w/Hips over	3 sets	Push Ups	8x
Saw	4 sets		
Neck Roll/Swan	3x		
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Swan Dive	1x		
Neck Pull	5x		
Shoulder Bridge	7 kicks		
Spine Twist	4 sets		
Jackknife	4x		