

Bossy Mat

Sit Down No		<u>Side Kicks:</u>	all 3x
Hands	5 sets	- Front/Back	
Single Leg Stretch	5x	- Circles	
Double Leg Stretch	5 sets	- Hot Potato	
Single Straight Leg Stretch	5x	- Beats	
Double Straight Leg Stretch	3 sets	Swimming	3 breaths
Criss Cross	3 x	High Scissors	5x
Shoulder Bridge	3x	High Bicycle	5x
Single Leg Circles	4x	Shoulder Bridge	3 kicks
Teaser 3	3x	Twist	3x
Hip Circles	3x	Jackknife to Stand	
Spine Stretch Forward	6x	Push Up	5x
Leg Pull Back	3x	Pike to Stand	
Boomerang	4 Sets	Standing Twist	A set
Saw	3	Jumping Jacks	5x