

Sweaty 20 Mat

Sit Down No Hands		<u>Side Kicks:</u>	All 5x
The Hundred	100	- Front/Back	
Roll Up	5x	- Up/Down	
Single Leg Circles	5x	- Circles	
Rolling Like a Ball to Stand	10x	- Ronde Jambe	
Single Leg Stretch	6 sets	- Transitional Beats	
Double Leg Stretch	6x	Teaser 1	3x
Single Straight Leg Stretch	6 sets	Teaser 2	3x
Double Straight Leg Stretch	6x	Teaser 3	3x
Criss Cross	6 sets	Swimming	3 breaths
Corkscrew	3 sets	Leg Pull Back	3 sets
Swan	5x	Mermaid to Side Bend	3 sets
Double Leg Kicks	2 sets	Knees Off	10x
Neck Pull	3x	Mountain Climber	10 sets
Shoulder Bridge	5 kicks, 5 Dips	Seal	10x
		Push Ups	10x