

Studio Burn: Mat

The Hundred	30
Single Leg Stretch	4 sets
Double Leg Stretch	8x
Rolling Like a Ball	5x
Teaser to Single Straight Leg	4x
Double Straight Leg Stretch	4x
Criss Cross with Bicycle	4 sets
Open Leg Rocker Add Teaser 2	3x
Closed Leg Rocker	3x
Teaser 3	
Roll Up	2x
Boomerang	3 sets
Seal	4x
Push Ups	5x