

Vision Mat

Standing

Squeeze eyes shut and then open 5-6x
Blink fast 30 seconds
Look around the clock
Eye rolls
Advanced mat with all stomach series

On the Mat

Sit Down No Hands
The hundred
Roll Up
Roll Over
Single Leg Circles
Rolling like a Ball
Series of 5
Spine Stretch Forward
Open Leg Rocker
Corkscrew
Saw
Neck Roll/Swan Dive
Single Leg Kicks
Double Leg Kicks
Neck Pull
High Scissors

High Bicycle

Shoulder Bridge

High Bridge

Spine Twist

Jackknife

Side Kicks:

- Front/Back

- Up/Down

- Circles

Teaser 1

Teaser 2

Teaser 3

Hip Circles

Swimming

Leg Pull Front

Leg Pull Back

Kneeling Side Kicks

Side Bend

Boomerang

Seal

Crab

Rocking

Control Balance

Push Ups