

Powerhouse Activator

Get Down to the Mat	
Breath	
Toe Glides	7 sets
Marching	5 sets
Head Curls	3x
The Hundred Combo with Toe Taps	100x
Half Roll Back	5x
Roll Up with Bent Knees	1x
Balance for Rolling Like a Ball	
Single Leg Stretch	4 sets
Double Leg Stretch (No Arms)	4x
Leg Lifts with Wall Assist	6 sets
Standing Lift Heels Up, Find Balance	3x