

Stand Up No Hands Workout

Roll Shoulders		<u>Side Kicks</u>	All 5x
Jumping		- Front / Back	
Roll Down		- Up / Down	
Squats	9x	- Transitional Beats	
Squats with Legs Crossed	5 sets	Teaser 1	3x
Lay Down On Mat		Teaser 2	3x
The Hundred	100x	Teaser 3	3x
Roll Up	3x	Rocking Prep	
Single Leg Circles	5x	Seal	8x
Rolling Like a Ball / Stomach Series	4 each	Stand Prep	
Spine Stretch Forward	3x		
Open Leg Rocker	6x		
Standing Prep	3 sets		
Saw	3 sets		
Neck Roll	2x		
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Pulling Straps	3x		
Neck Pull	4x		
Shoulder Bridge	5 kicks		
Spine Twist	2 sets		