

6 Step Classical Mat - Step 1

| | |
|-----------------------------|---------|
| The Hundred | 100 |
| Roll Up | 5x |
| Single Leg Circles | 5x |
| Roll Back | 3x |
| Rolling Like a Ball | 6x |
| Single Leg Stretch | 10 sets |
| Double Leg Stretch | 10x |
| Single Straight Leg Stretch | 10 sets |
| Spine Stretch Forward | 5x |
| Neck Pull Prep | |
| Teaser 1 Leg | 2 sets |
| Teaser Prep | 3x |