

6 Step Classical Mat - Step 2

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
Double Straight Leg Stretch	10x
Spine Stretch Forward	5x
Open Leg Rocker Prep	
Teaser Prep	3x