

6 Step Classical Mat - Step 3

The Hundred	100
Roll Up	5x
Single Leg Circles	5x
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
Criss Cross	10x
Spine Stretch Forward	5x
Open Leg Rocker	6x
Saw	6 sets
Neck Pull	4x
Teaser 1	3x