

## 6 Step Classical Mat - Step 4

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	3 sets
Spine Stretch Forward	5x
Open Leg Rocker	6x
Corkscrew Prep	
Saw	3 sets
<u>Sidekick Series</u>	All 5x
- Front / Back	
- Up / Down	
- Circles	
Neck Pull	4x
Teaser 1	3x