

6 Step Classical Mat - Step 6

The Hundred	100	<u>Sidekick Series</u>	All 5x
Roll Up	5x	- Front / Back	
Single Leg Circles	5x	- Up / Down	
Rolling Like a Ball	6x	- Circles	
Single Leg Stretch	10 sets	Teaser 3	3x
Double Leg Stretch	10x	Seal	7x
Single Straight Leg Stretch	10 sets		
Double Straight Leg Stretch	10x		
Criss Cross	4 sets		
Spine Stretch Forward	5x		
Open Leg Rocker	5x		
Corkscrew Hips Over	3 sets		
Saw	3 sets		
Neck Roll / Swan Prep			
Single Leg Kicks	5 sets		
Double Leg Kicks	4x		
Neck Pull	5x		