

## Shape Shift Mat

Squats	2x
Sit Down No Hands	
Hundred	100x
Roll Up	3x
Roll Over	3 sets
Single Leg Circles	3x
Roll Like a Ball	1x
Roll Like a Ball / Teaser Combo	2x
Roll Like a Ball to Stand	3x
Single Leg Stretch - Standing	2 sets
Double Leg Stretch - Standing	4x
Single Straight Leg Stretch - Standing	3 sets
Twist - Standing	2 sets
Windmill	
Roll Like a Ball	5x
Saw	3 sets
Swan Dive	3x
Single Leg Kicks	3x
Double Leg Kicks	5x
Chest Expansion	4x
Thigh Stretch	3x
Frog to Push Up	7x
Kneeling Side Kicks	3x
Seal	3x