



The Mat Order*

The Hundred	Side Bend
Roll Up	Boomerang
Roll Over	Seal
Leg Circles	Crab
Rolling Like a Ball	Rocking
Single Leg Pull	Control Balance
Double Leg Pull	Push Ups
Single Straight Leg Pull	
Double Straight Leg Pull	
Spine Stretch Forward	
Open Leg Rocker	
Corkscrew	
Saw	
Swan Dive	
Single Leg Kicks	
Double Leg Kick	
Thigh Stretch	
Neck Pull	
High Scissors/Bicycle	
Shoulder Bridge	
Spine Twist	
Jackknife	
Side Kick Series	
Kicks Front/Back	
Point Up/Flex Down	
Small Circles Back	
Big Circles/reverse	
Teaser 1, 2, 3	
Teaser with Hip Circles	
Swimming	
Leg Pull Front	
Leg Pull Back	
Side Kicks Kneeling	
Kicks Front/Back	
Bicycle	
Circles	

* Pick only exercises that are appropriate for you. The full mat should take approximately 25 minutes to complete.