

Archival Mat

Standing Reach between legs	3x
Standing Side Bends	2 sets
Jumping	8 sets
Sit No Hands	
The Hundred	100
Roll Up	3x
Single Leg Circles	5x
Rolling Like a Ball	6x
Single Leg Stretch	5 sets
Double Leg Stretch Around	
Spine Stretch Forward	3x
Open Leg Rocker	6x
Corkscrew with Hips Over	4 sets
Saw	3 sets
Neck Roll/Swan	5x
Neck Pull	3x
Jackknife	3x
Plank to Pike to Stand	
Standing Side Kick	1 set
Standing Twist to Cross Legs to Touch Toes	2 sets