

# THE MAT



The Hundred



The Roll Up



The Roll Over



The One Leg Circle



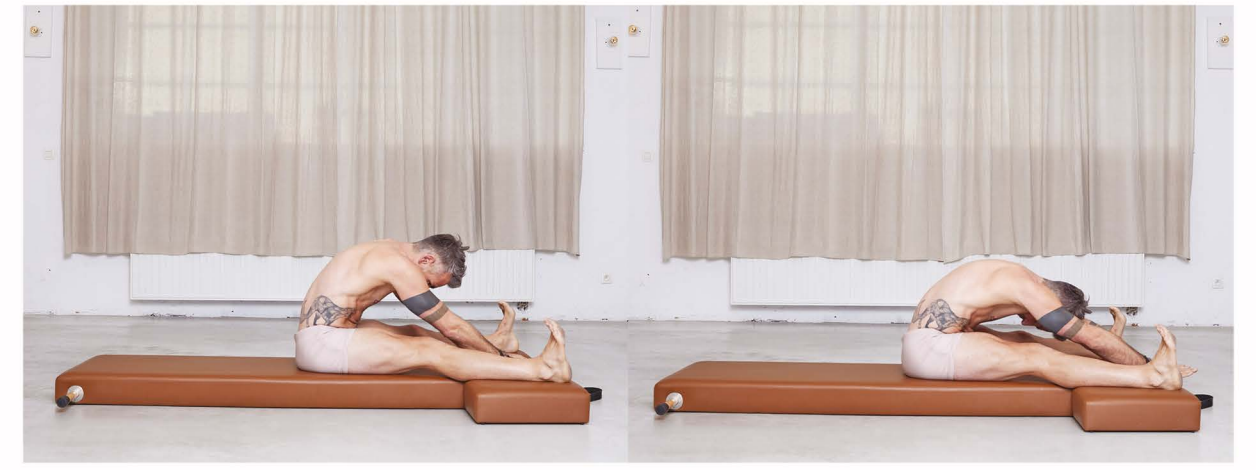
The Rolling Back



The Single Leg Stretch



The Double Leg Stretch



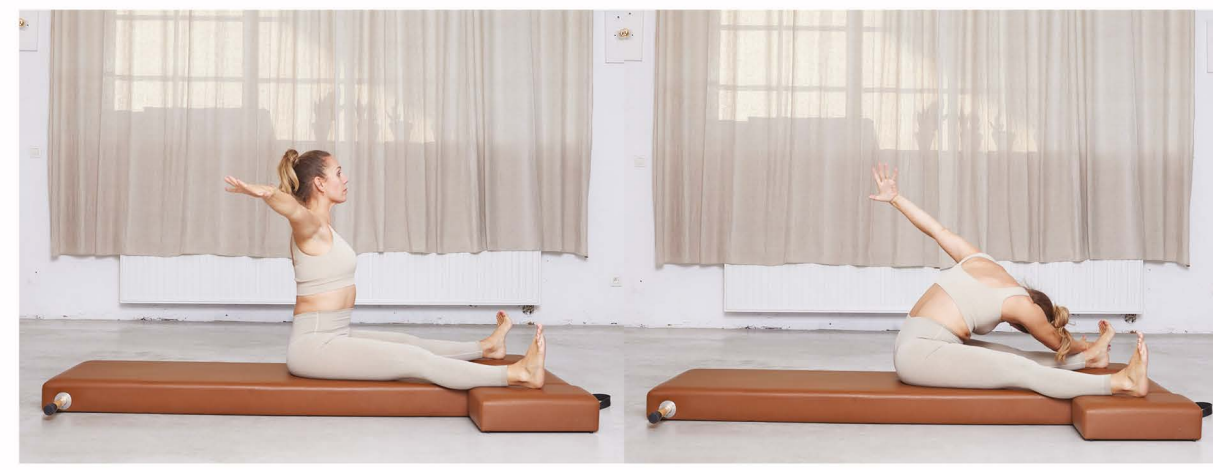
The Spine Stretch



Rocker With Open Legs



The Corkscrew



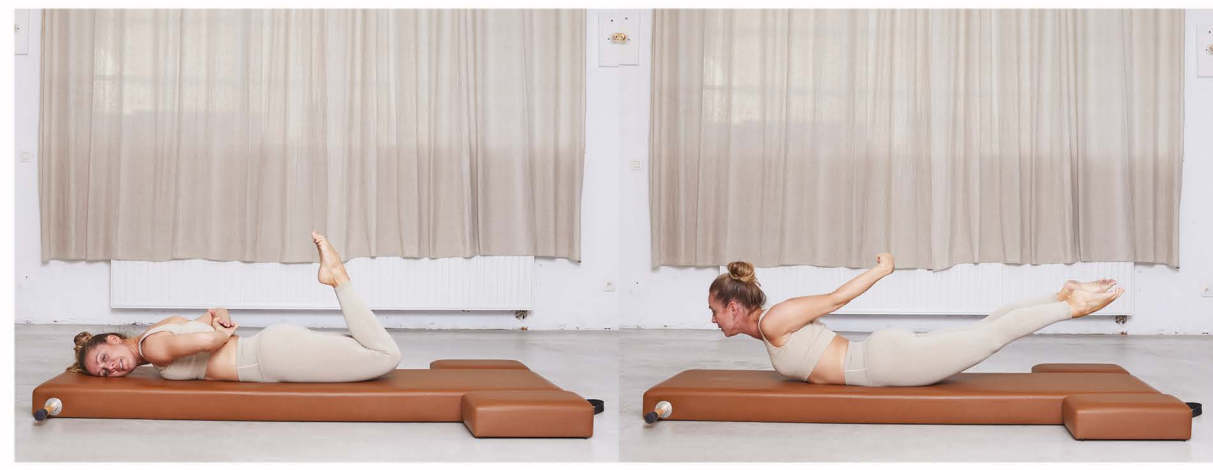
The Saw



The Swan Dive



The One Leg Kick



The Double Leg Kick



The Neck Pull



The Scissors & The Bicycle



The Shoulder Bridge



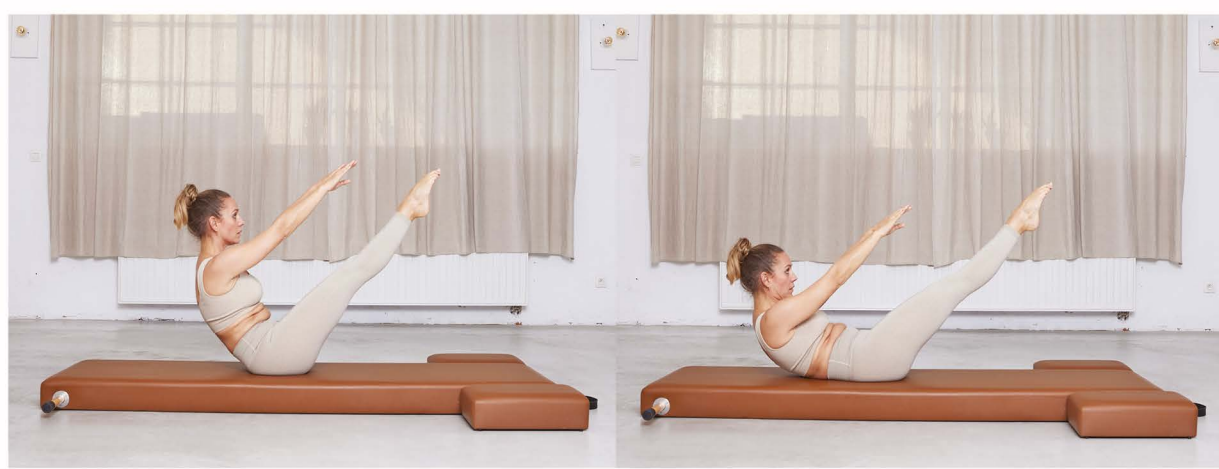
The Spine Twist



The Jack Knife



The Side Kick



The Teaser



The Hip Twist with Stretched Arms



Swimming



The Leg-Pull - Front



The Leg-Pull



The Side Kick Kneeling



The Side Bend



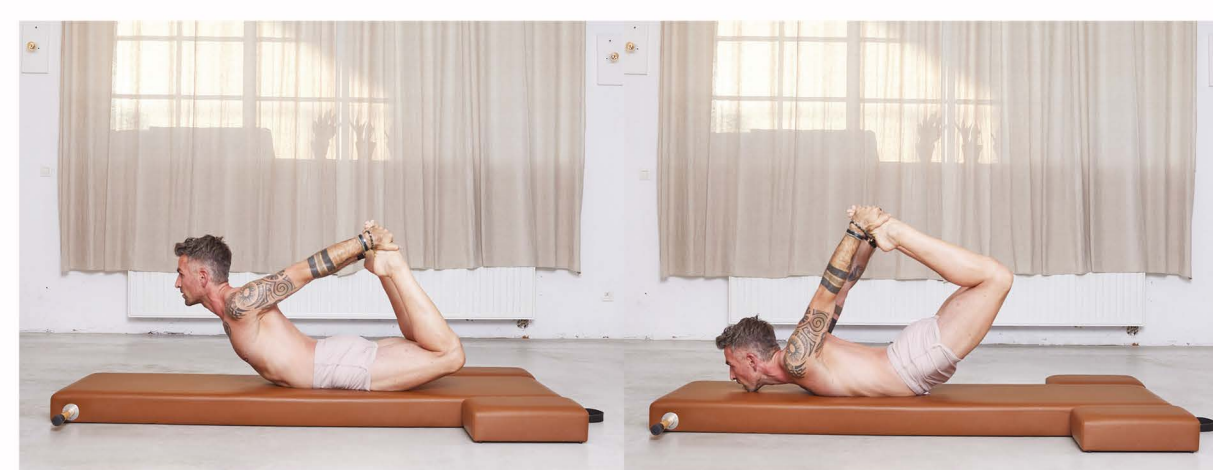
The Boomerang



The Seal



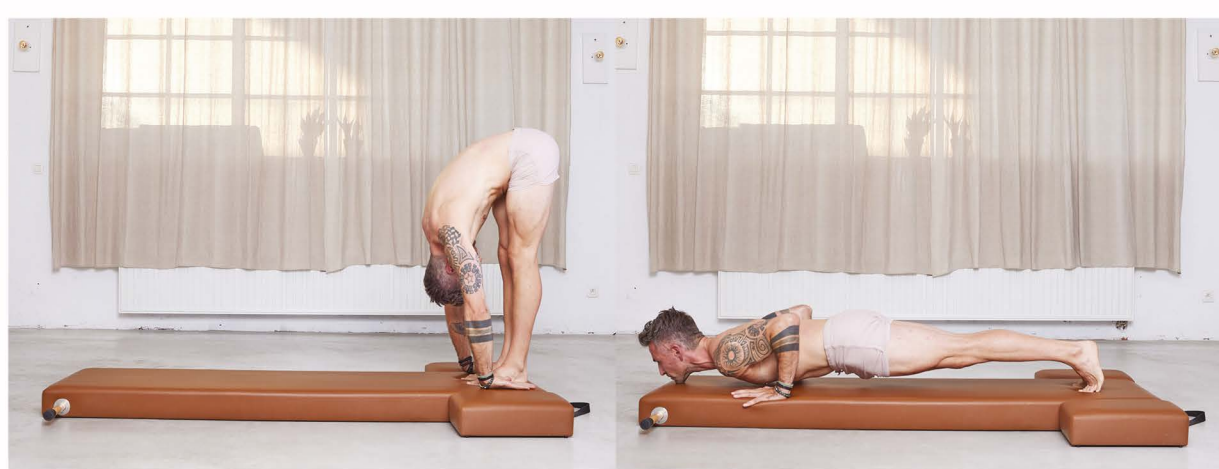
The Crab



The Rocking



The Control Balance



The Push Up

