

# “NEXT” – Program

## – The Mat –

1. The Hundred
2. Roll Up
3. Roll Over
4. Single Leg Circles
5. Rolling Like A Ball
6. Single Leg Stretch
7. Double Leg Stretch
8. Scissors
9. Lower Lift
10. Criss Cross
11. Spine Stretch Forward
12. Open Leg Rocker
13. Corkscrew
14. Saw
15. Swan
16. Single Leg Kick
17. Double Leg Kick
18. Thigh Stretch
19. Neck Pull
20. High Scissors
21. High Bicycle
22. Shoulder Bridge
23. Spine Twist
24. Jackknife
25. Side Kick Series
26. Teaser
27. Hip Circles
28. Swimming
29. Leg Pull Front
30. Leg Pull Up
31. Kneeling Side Kick
32. Side Bend
33. Boomerang
34. Seal
35. Crab
36. Rocking
37. Control Balance
38. Push Up

