

SESSION  
**1 1 2 3 4 5**

# MATWORK

\* asterisk indicates exercise to be accomplished within first five sessions

## WARM UP

\* BREATHING

\* IMPRINT AND RELEASE

\* HIP RELEASE

\* SPINAL ROTATION

\* CAT STRETCH

\* HIP ROLLS

\* SCAPULA ISOLATION

\* ARM CIRCLES

\* HEAD NODS

\* ELEVATION AND DEPRESSION OF SCAPULA

## EXERCISES

\* AB PREP 5 TO 10 REPS

\* BREAST STROKE PREPS 1 2 3 3 TO 5 REPS

\* SHELL STRETCH

\* HUNDRED 10 SETS

\* HALF ROLL BACK 5 TO 8 REPS

ROLL UP 5 TO 8 REPS

\* ONE LEG CIRCLE 5 REPS

\* SPINE TWIST 3 TO 5 REPS

\* ROLLING LIKE A BALL 8 TO 10 REPS

\* SINGLE LEG STRETCH 8 TO 10 REPS

\* OBLIQUES 8 TO 10 REPS



# MATWORK

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DOUBLE LEG STRETCH 5 TO 10 REPS

SCISSORS 8 TO 10 REPS

SHOULDER BRIDGE PREP 3 TO 6 REPS

ROLL OVER PREP 6 TO 8 REPS

HEEL SQUEEZE PRONE 8 TO 10 REPS

ONE LEG KICK PREP 5 TO 8 REPS

BREAST STROKE 5 TO 8 REPS

SHELL STRETCH

SAW 3 TO 5 REPS

NECK PULL PREP 5 TO 8 REPS

OBLIQUES ROLL BACK 3 TO 5 REPS

SIDE KICK 8 TO 10 REPS

SIDE LEG LIFT SERIES 1 2 3 4 5 5 TO 10 REPS

SPINE STRETCH FORWARD 3 TO 5 REPS

TEASER PREP 3 TO 5 REPS

SINGLE LEG EXTENSION 6 TO 8 REPS

SWAN DIVE PREP 5 TO 8 REPS

SWIMMING PREP 2 TO 4 REPS

SHELL STRETCH

LEG PULL FRONT PREP 3 TO 6 REPS

SEAL 8 TO 10 REPS

SIDE BEND PREP 3 TO 5 REPS

PUSH UP PREP 3 TO 5 REPS

SAMPLE to place order call 1-800-910-0001

# intermediate

NAME \_\_\_\_\_

DATE \_\_\_\_\_

# MATWORK

### LEGEND

= ESSENTIAL

= INTERMEDIATE

### WARM UP

- BREATHING
- IMPRINT AND RELEASE
- HIP RELEASE
- SPINAL ROTATION
- CAT STRETCH
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- HEAD NODS
- ELEVATION AND DEPRESSION OF SCAPULA

### EXERCISES

- AB PREP 5 TO 10 REPS
- BREAST STROKE PREPS 1 2 3 3 TO 5 REPS
- SHELL STRETCH
- HUNDRED 10 SETS
- HALF ROLL BACK 5 TO 8 REPS
- ROLL UP 5 TO 8 REPS
- ONE LEG CIRCLE 5 REPS
- SPINE TWIST 3 TO 5 REPS
- ROLLING LIKE A BALL 8 TO 10 REPS
- SINGLE LEG STRETCH 8 TO 10 REPS
- OBLIQUES 8 TO 10 REPS
- SLOW DOUBLE LEG STRETCH 5 TO 10 REPS

- DOUBLE LEG STRETCH 5 TO 10 REPS
- SCISSORS 8 TO 10 REPS
- SHOULDER BRIDGE 3 TO 6 REPS
- ROLL OVER 6 TO 8 REPS
- ONE LEG KICK 5 TO 8 REPS
- BREAST STROKE 5 TO 8 REPS
- SHELL STRETCH
- SAW 3 TO 5 REPS
- OPEN LEG ROCKER 8 TO 10 REPS
- NECK PULL 5 TO 8 REPS
- OBLIQUES ROLL BACK 3 TO 5 REPS
- JACK KNIFE 4 TO 6 REPS
- SIDE KICK 8 TO 10 REPS
- SIDE LEG LIFT SERIES 1 2 3 4 5 5 TO 10 REPS
- DOUBLE LEG KICK 4 TO 6 REPS
- SPINE STRETCH FORWARD 3 TO 5 REPS
- TEASER 1 3 TO 5 REPS
- SWAN DIVE 5 TO 8 REPS
- SWIMMING 3 TO 5 SETS
- SHELL STRETCH
- LEG PULL FRONT 3 TO 6 REPS
- HIP TWIST 3 TO 5 REPS
- SEAL 8 TO 10 REPS
- SIDE BEND 3 TO 5 REPS
- PUSH UP 3 TO 5 REPS

# MATWORK

**LEGEND**

- = ESSENTIAL
- = INTERMEDIATE
- = ADVANCED

**WARM UP**

- BREATHING
- IMPRINT AND RELEASE
- HIP RELEASE
- SPINAL ROTATION
- CAT STRETCH
- HIP ROLLS
- SCAPULA ISOLATION
- ARM CIRCLES
- HEAD NODS
- ELEVATION AND DEPRESSION OF SCAPULA

**EXERCISES**

- AB PREP 5 TO 10 REPS
- BREAST STROKE PREPS 1 2 3 3 TO 5 REPS
- SHELL STRETCH
- HUNDRED 10 SETS
- HALF ROLL BACK 5 TO 8 REPS
- ROLL UP 5 TO 8 REPS
- ONE LEG CIRCLE 5 REPS
- SPINE TWIST 3 TO 5 REPS
- ROLLING LIKE A BALL 8 TO 10 REPS
- SINGLE LEG STRETCH 8 TO 10 REPS
- OBLIQUES 8 TO 10 REPS
- SLOW DOUBLE LEG STRETCH 5 TO 10 REPS
- DOUBLE LEG STRETCH 5 TO 10 REPS
- SCISSORS 8 TO 10 REPS
- SHOULDER BRIDGE 3 TO 6 REPS
- ROLL OVER 6 TO 8 REPS
- ONE LEG KICK 5 TO 8 REPS

- BREAST STROKE 5 TO 8 REPS
- SHELL STRETCH
- SAW 3 TO 5 REPS
- OPEN LEG ROCKER 8 TO 10 REPS
- NECK PULL 5 TO 8 REPS
- OBLIQUES ROLL BACK 3 TO 5 REPS
- JACK KNIFE 4 TO 6 REPS
- SIDE KICK 8 TO 10 REPS
- SIDE LEG LIFT SERIES 1 2 3 4 5 5 TO 10 REPS
- SCISSORS IN AIR 5 TO 10 REPS
- BICYCLE IN AIR 5 TO 10 REPS
- DOUBLE LEG KICK 4 TO 6 REPS
- SPINE STRETCH FORWARD 3 TO 5 REPS
- TEASER SERIES 1 2 3 4 3 TO 5 REPS
- SWAN DIVE 5 TO 8 REPS
- SWIMMING 3 TO 5 SETS
- SHELL STRETCH
- LEG PULL FRONT 3 TO 6 REPS
- LEG PULL 3 TO 6 REPS
- HIP TWIST 3 TO 5 REPS
- CONTROL BALANCE 3 TO 5 REPS
- CORKSCREW 3 TO 5 REPS
- SIDE KICK KNEELING 8 TO 10 REPS
- SEAL 8 TO 10 REPS
- SIDE BEND 3 TO 5 REPS
- TWIST 3 TO 5 REPS
- ROCKING 5 TO 10 REPS
- BOOMERANG 4 TO 6 REPS
- PUSH UP 3 TO 5 REPS