

Order Matoefeningen

1. The Hundred
2. Roll Up
3. Roll Over
4. One Leg Circle
5. Rolling Like a Ball
6. Single Leg Stretch
7. Double Leg Stretch
8. Single Straight Leg Stretch
9. Double Straight Leg Stretch
10. Criss Cross
11. Spine Stretch Forward
12. Open Leg Rocker
13. Corkscrew
14. Saw
15. Swan (Swan Dive)
16. Single Leg Kick
17. Double Leg Kick
18. Neck Pull
19. High Scissors
20. High Bicycle
21. Shoulder Bridge
22. Spine Twist
23. Jackknife
24. Side Kick Series:
 1. Front & Back
 2. Up & Down
 3. Circles
 4. Ronde Jambe
 5. Inner Thigh Lower Lift & Circles
 6. Leg Lifts
 7. Scissors
 8. Hot Potato
 9. Bicycle

25. Teaser 1
26. Teaser 2
27. Teaser 3
28. Swimming
29. Hip Circles
30. Swimming
31. Leg Pull Front (Down)
32. Leg Pull Back (Up)
33. Kneeling Side Kicks
 1. Front & Back
 2. Circles
 3. Bicycle
34. Side Bend
35. Star
36. Mermaid (we doen deze liever met de Small Barrel)
37. Boomerang
38. Seal
39. Crab
40. Rocking
41. Control Balance
42. Push Ups

Extra's zoals onder andere:

Thigh Stretch
Jumping Jacks
Tree
Splits
Stretches

Special Endings zoals:

Wall Endings, Weights, Magic Circle, Footcorrector, 2 x4's. etc