

Dies ist die komplette Übungsreihenfolge. Alle grau hinterlegten Übungen kommen in Level 3 dazu.



LEVEL III ADVANCED SYSTEM MAT

Shaded boxes indicate new exercises

Advanced Exercise Order	Repetitions
Hundred	10 Full Breaths/ 100 pumps
The Roll Up	5
Roll Over	3 each direction
One Leg Circle	5 each direction
Rolling Like a Ball	6-8 (Omit first lesson)
Single Leg Stretch	6-10
Double Leg Stretch	6-10
Single Straight Leg Stretch aka Scissors	6-10
Double Straight Leg "Lower Lift"	6-10
Criss Cross	6-10
Spine Stretch Forward	5
Open Leg Rocker	6-8
Corkscrew III	2-4 each direction
Saw	3-5
Swan Neck Roll/ Swan Dive	1-Neck Roll and 3-5 Swan Dive
Single Leg Kick	3-5 each leg
Double Leg Kick	3 each side
Neck Pull	3-5
Shoulder Bridge	3-5
Spine Twist	3-4 each side
Jack Knife	3
Side Kick Series: Front and Back	5-10
Side Kick Series: Up & Down	5
Side Kick Series: Passe'	3 each direction
Side Kick Series: Circles	5-8 each direction
Side Kick Series: Inner Thigh & Circles	5-8 each
Side Kick Series: Hot Potato	5,4,3,2,1 Front & Back
Side Kick Series: Scissors	6
Side Kick Series: Bicycle	3 each direction
Teaser I	3-5
Teaser II	3
Teaser III	3
Hip Circles	3 each direction
Swimming	20

Leg Pull Front	3 each leg
Leg Pull Back	3 each leg
Kneeling Side Kick Series: Front, Back, Circles	3-5 each
Mermaid	2-3
Boomerang	3 sets
Seal	6-8
Push Up Series	3-5 Push Ups/ 1-3 sets
Stand & Twist/ Jumps	2 twists , 3 jumps