

**ESSENTIAL MATWORK**

(X = cviky určené k použití v prvních pěti lekcích)

WARM UP					
X	Breathing		X	Hip rolls	
X	Imprint & release		X	Scapula isolation	
X	Hip release		X	Arm circles	
X	Spinal rotation		X	Head nods	
X	Cat stretch		X	Elevation & depression of scapule	
<i>testa by cviky nikdy neopouštět, pokud je potřeba!</i>					
EXERCISE					
X	Ab prep	5 to 10 rep		Breast stroke	5 to 8 rep
X	Breast stroke preps 1-2-3	3 to 5 rep	X	Shell stretch	
X	Shell stretch			Saw10	3 to 5 rep
X	Hundred	10 sets		Neck pull prep	5 to 8 rep
X	Half roll back	5 to 8 rep		Obliques roll back	3 to 5 rep
	Roll up	5 to 8 rep		Side kick	8 to 10 rep
X	One leg circle	5 rep		Side leg lift series 1,2,3,4,5	510 to 10 rep
X	Spine twist	3 to 5 rep	X	Spine stretch forward	3 to 5 rep
X	Rolling like a ball	8 to 10 rep		Teaser prep	3 to 5 rep
X	Single leg stretch	8 to 10 rep		Single leg extension	6 to 8 rep
X	Obliques	8 to 10 rep	X	Swan dive prep	5 to 8 rep
	Double leg stretch	5 to 10 rep		Swimming prep	2 to 4 rep
	Scissors	8 to 10 rep	X	Shell stretch	
	Shoulder bridge prep	3 to 6 rep		Leg pull front prep	3 to 6 rep
X	Roll over prep	6 to 8 rep		Seal	8 to 10 rep
	Heel squeeze prone	8 to 10 rep		Side bend prep	3 to 5 rep
	One leg kick prep	5 to 8 rep		Push up prep	5 to 10 prep