

## **Jay Grimes Mat (from The Work Assessment Requirements)**

Roll Ups x 5  
Roll Overs each way (narrow to wide, wide to narrow) x 5  
Leg Circles x 5 each direction/each leg  
Rolling Like A Ball x 5  
Single Leg Stretch x 5 each (this was taught as pulse)  
Double Leg Stretch x 5  
Single Straight Leg Stretch x 5  
Double Straight Leg Stretch x 5  
Criss Cross x 5 each side  
Spine Stretch  
Open Leg V-Rocker x 5  
transition (stay balanced on last V-Rocker open/close legs x 5)  
transition (lower down as if descending from a teaser)  
Cork screw x 3 each way  
Saw x 3 each side  
Swan Dive  
Single Leg Kick done on elbows  
Double Leg Kick x 3 each side  
Thigh Stretch  
Neck Pull x 5  
Scissors, Bicycle, Reverse Bicycle x 5 times  
Shoulder Bridge  
Spine Twist (as far as you can go no momentum) x 5  
Jackknife x 5  
Side Kicks on elbow (pendulum, straight leg kick, big circles x 5 each)  
Teaser 1 x 3  
Teaser 2: lower and lift legs x 3  
Teaser 3: arms up roll down x 3  
Hip Circles x 3 each way  
Swimming  
Leg Pull Front (plank position, 1 leg goes up bottom heel goes back front leg goes down) x 3  
each side  
transition: flip over into without dropping hips  
Leg Pull Back: (3 leg kicks each side with a pulse)  
Kneeling Side Kick Series (3 pendulum, 3 bicycle, 3 reverse bicycle) both sides  
Side Stretch x 3 both sides  
Boomerang x 5  
Seal Puppy x 5  
Crab (cross ankles rock and roll, come up to knees, switch ankles) x 5  
Rocking x 5 (just across the tummy)  
Balance Control x 3 each leg

Push Ups (1 push up first time, 2 the second time, up to 5)