

Beginner Progression - Class 4 of 10

Half Roll Down	3x
Roll Up	3x
The Hundred	100
The One Leg Circle	5x ea
Rolling Like a Ball	6x
Single Leg Stretch	6x ea
The Double Leg Stretch	6x
Single Straight leg	6x ea
Double Straight Leg	6x
Criss Cross	3x ea
The Spine Stretch	4x
Rocker with Open Legs	6x
The Cork-Screw	3 sets
The Saw	3 sets
Teaser 1 leg	3x ea
Shoulder Bridge	3x