

Beginner Progression Class 4 of 12

Roll Down	5x
The Hundred	100
Single Leg Circles	5x
Rolling Like a Ball Prep	
Single Leg Stretch	6 sets
Double Leg Stretch	6x
Single Straight Legs	6 sets
Double Straight Legs	6x
Criss Cross	3 sets
Spine Stretch Forward	5x
Open Leg Rocker Prep	
Corkscrew	3 sets
Saw	3 sets
1 Leg Teaser	3 each side
Shoulder Bridge	3x