

## Beginner Progression Class 6 of 12

Half Roll Down	1x
Pre-Pilates - Lift Both Legs - Toe Taps	5 sets
The Hundred	100
Roll Up	5x
Single Leg Circles	5x
Rolling Like a Ball Prep	
Single Leg Stretch	8 sets
Double Leg Stretch	8x
Single Straight Legs	8 sets
Double Straight Legs	8x
Criss Cross	4 sets
Spine Stretch Forward	5x
Open Leg Rocker Prep	
Corkscrew	3 sets
Saw	3 sets
Sidekick Series	All 5x
- Front / Back	
- Up/Down	
1 Leg Teaser	5 each side
Seal Prep	3x
Shoulder Bridge	5x