

## Beginner Progression Class 8 of 12

Breathing		Sidekicks	All 6x
Toe Taps		- Front / Back	
The Hundred	100	- Up / Down	
Roll Up	4x	- Transitional Beats	
Single Leg Circles	5x	1 Legged Teaser	5 each side
Rolling Like a Ball	8x	Seal Prep	
Single Leg Stretch	8 sets	Shoulder Bridge	3x
Double Leg Stretch	8x		
Single Straight Legs	8 sets		
Double Straight Legs	8x		
Criss Cross	8 sets		
Spine Stretch Forward	5x		
Open Leg Rocker	6x		
Corkscrew	3 sets		
Saw	4 sets		
Swan Prep/ Neck Roll			