

## Beginner Progression Class 9 of 12

Sit Down No Hands		Side kicks	All 6x
Toe Taps	7 sets	- Front / Back	
The Hundred	100	- Up / Down	
Roll Up	5x	- Transitional Beats	
Single Leg Circles	5x	1 Legged Teaser	3 each side
Rolling Like a Ball	10x	Teaser Prep	
Single Leg Stretch	8 sets	Seal Prep	
Double Leg Stretch	8x	Shoulder Bridge	3x
Single Straight Legs	8 sets		
Double Straight Legs	8x		
Criss Cross	5 sets		
Spine Stretch Forward	4x		
Open Leg Rocker	8x		
Corkscrew	3 sets		
Saw	3 sets		
Swan Prep / Neck Roll			
Single Leg Kicks	9 sets		
Double Leg Kicks Prep			