

Beginner Progression Class 10 of 12

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