

Beginner Progression Class 11 of 12

Sit Down No Hands		Side kicks	All 6x
The Hundred	100	- Front / Back	
Roll Up	4x	- Up / Down	
Single Leg Circles	5x	- Bicycle	
Rolling Like a Ball	6x	- Transitional Beats	
Single Leg Stretch	8 sets	Teaser 1	6x
Double Leg Stretch	8x	Seal	12x
Single Straight Legs	8 sets		
Double Straight Legs	8x		
Criss Cross	5 sets		
Spine Stretch Forward	4x		
Open Leg Rocker	6x		
Corkscrew Hip Over	3 sets		
Saw	3 sets		
Swan / Neck Roll			
Single Leg Kicks	9 sets		
Double Leg Kicks Prep	2 sets		
Neck Pull Prep			