

Beginner Progression - Class 12 of 12

The Hundred	100	<u>Side Kicks:</u>	all 6x
Roll Up	5x	- Front/Back	
Single Leg Circles	5x	- Up/Down	
Rolling Like a Ball	6x	- Bicycle	
Single Leg Stretch	8 sets	Teaser 1	6x
Double Leg Stretch	8x	Seal	6x
Single Straight Leg Stretch	8 sets		
Double Straight Leg Stretch	8x		
Criss Cross	5 sets		
Spine Stretch Forward	5x		
Open Leg Rocker	6x		
Corkscrew	3 sets		
Saw	4 sets		
Neck Roll/Swan	4x		
Single Leg Kicks	5 sets		
Double Leg Kicks	3 sets		
Neck Pull	3x		