

### On the Road to Intermediate

The Hundred	100	<u>Side Kicks:</u>	all 5x
Roll Up	3x	- Front/Back	
Single Leg Circles	3x	- Up/Down	
Rolling Like a Ball	5x	- Circles	
Single Leg Stretch	5 sets	Teaser	3x
Double Leg Stretch	5x		
Single Straight Leg Stretch	5 sets		
Spine Stretch Forward	3x		
Open Leg Rocker	5x		
Saw	4 sets		