

ClassicFit Progression - Class 5 of 5

The Hundred	100	Sidekicks	
The Roll Up	7x	- Double leg lower lift	
Single Leg Circle	5x ea	- Double leg Circles	
Rolling Like a Ball	8x	- Front/Back	
Single Leg Stretch	10 sets	- Bicycle	
Double Leg Stretch	8x	- Transitional Beats	
Single Straight Leg Stretch	7 sets	Teaser 1	3 sets of 3
Double Straight Leg Stretch	8x	The Seal	6x
Criss Cross	8 sets	Leg Pull Front Prep	6x
Spine Stretch Forward	4x	Plank	
Corkscrew	4 sets	Stand to Plank	
The Saw	6 sets	Arm Circles	5x
Swan Prep	5x	Hanging Arm Circles	3x
		Wall Sit *add circles	4x