

Intermediate to Advanced Series Class 1 - Powerhouse

Powerhouse Awareness		<u>Side Kicks:</u>	
The Hundred	100x	- Front/Back	5x
Roll Up	4x	- Up/Down	5x
Single Leg Circles	5x	- Circles	8x
Single Leg Teasers	3 each	- Thigh Stretch	
Rolling Like a Ball	4x	- Large Arm Circles	
Rolling Like a Ball to Teasers	3 of each	Teaser 1	3x
Single Leg Stretch	7 sets	Teaser 2	3x
Double Leg Stretch	5x	Teaser 3	3x
Spine Stretch Forward	3x	Swimming Prep	
Open Leg Rocker	5x	Hip Circles	3 sets
Corkscrew w/Hips over	4 sets	Seal	5x
Hip Circles	3 sets		
Saw	3 sets		
Neck Roll/Swan Prep	3x		
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Neck Pull	3x		
Shoulder Bridge	2 Lifts		