

Intermediate to Advanced Series Class 2 - Hips Overhead

The Hundred	100	<u>Side Kicks:</u>	all 6x
Roll Up	4x	- Front/Back	
Single Leg Circles	3x	- Up/Down	
Rolling Like a Ball	5x	- Circles	
Single Leg Stretch	5 sets	- Inner Thigh Lifts	
Double Leg Stretch	5x	Jackknife	2x
Spine Stretch Forward	4x	Jackknife to Teaser 1	
Open Leg Rocker	6x	Swimming	3 breaths
Corkscrew w/Hips over	2 sets	Seal	6x
Saw	4 sets	Roll Down to Plank	
Neck Roll/Swan Prep	3x		
Single Leg Kicks	5 sets		
Double Leg Kicks	2 sets		
Neck Pull	4x		
Roll Over	3 sets		
Shoulder Bridge	3 Lifts		