

Intermediate to Advanced Series Class 4 - Flow

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