

Intermediate to Advanced Series Class 11 - Flow

The Hundred	100	<u>Side Kicks:</u>	all 5x
Roll Up	5x	- Big Scissors	
Roll Over	3 sets	- Hot Potato	
Single Leg Circles	5x	- Beats	
Rolling Like a Ball	5x	Teaser 1	3x
Single Leg Stretch	5 sets	Teaser 2	3x
Double Leg Stretch	5x	Teaser 3	3x
Single Straight Leg Stretch	5 sets	Hip Circles	3 sets
Double Straight Leg Stretch	5x	Swimming	3 breaths
Criss Cross	3 sets	Leg Pull Front	3 sets
Spine Stretch Forward	5x	Leg Pull Back	3 sets
Open Leg Rocker	6x	Kneeling Side Kicks	4 sets
Corkscrew w/Hips over	3 sets	Side Bend with Dips	3x ea side
Saw	4 sets	Boomerang	3 sets
Neck Roll	3x	Seal	6x
Swan Dive		Crab	5x
Single Leg Kicks	5 sets	Rocking	5x
Double Leg Kicks	3 sets	Seal	3x
Neck Pull	3x	Push Ups	3x
Shoulder Bridge	5 kicks		
Jackknife	3x		