

## Beginner Progression Class 3 of 12

Squats	7x
Pre-Pilates Exercise - Toe Taps add arm alternating	8 sets
The Hundred	100
Roll Up	7x
Single Leg Circles	6x
Rolling Like a Ball Prep	7x
Single Leg Stretch	6 sets
Double Leg Stretch	6x
Single Straight Legs	10 sets
Double Straight Legs	6x
Criss Cross	4 sets
Spine Stretch Forward	5x
Open Leg Rocker Prep	
Corkscrew	4 sets
Shoulder Bridge	