

## Beginner Progression Class 5 of 12

Squats	7x
Squats with Legs Crossed	4 each side
Lay Lift and lower 1 leg with 10 counts	
The Hundred	100
Roll Up	4x
Single Leg Circles	5x
Rolling Like a Ball Prep	
Single Leg Stretch	6 sets
Double Leg Stretch	6x
Single Straight Legs	10 sets
Double Straight Legs	6x
Criss Cross	6 sets
Spine Stretch Forward	5x
Open Leg Rocker Prep	
Standing Prep	
Corkscrew	3 sets
Saw	3 sets
1 Legged Teaser	3 each side
Shoulder Bridge	3x
Standing Prep	