

## Beginner Progression Class 7 of 12

Squats	8x	Sidekicks	All 5x
Squats with Legs Crossed	4 each side	- Front / Back	
Lay Down - Toe Taps		- Up / Down	
The Hundred	100	1 Legged Teaser	3 each side
Roll Up	5x	Seal Prep	
Single Leg Circles	5x	Standing Prep	
Rolling Like a Ball	8x		
Single Leg Stretch	6 sets		
Double Leg Stretch	6x		
Single Straight Legs	6 sets		
Double Straight Legs	6x		
Criss Cross	6 sets		
Spine Stretch Forward	4x		
Open Leg Rocker	10x		
Corkscrew	3 sets		
Shoulder Bridge	3x		
Saw	2 sets		
Swan Prep			
Cat Cow			
Bird Dogs			
Planks			
Swan Prep			