

Class Plan for Magic Circle

Points to consider

- Hold circle with heel of hand on pad and wrap fingers over to help keep elbows from locking
- Always place pads of the circle above or below joints



Kneeling-Arm work Presses Roll down Side press Twist Tricep press Torso twist	
Inner thigh presses	
Dips	
Spinal rotations	

Bridge	
100	
Roll Up	
One leg circle	
Rolling back	

Stomach Series

Spine Stretch

Side leg series

One leg kicks

Double Kicks

Jackknife	
Shoulder bridge	