

## MONDAY

*toe touches*

- 50 Squats
- 25 Frog Jumps
- 10 Jump Squats
- 50 Sumo Squats
- 25 Leg Raises (each side)
- 10 Toe Touches
- 50 Lunges
- 25 Sautés
- 10 Minute Cool Down

## TUESDAY

*pirouettes*

- 50 Crunches
- 25 Relevés Per Position
- 25 Singles (R/L)
- 50 Bicycles
- 25 Passé and Hold
- 25 Doubles (R/L)
- 50 V-Ups
- 25 Quarter Turns
- 25 Triples (R/L)

## WEDNESDAY

*arm strength*

- 50 Tricep Dips
- 25 Push Ups
- 10 Bicep Curls (R/L)
- 50 Overhead Pulldowns
- 25 Second Plank Walk
- 10 Tricep Kick Backs
- 50 Arms Pulses in Second
- 25 Burpees With Push Up
- 10 Inch Worms

## THURSDAY

*a la secondes*

- 50 Croisé Pulses at Wall
- 25 Croisé Plié Leg Lifts
- 10 A La Secondes
- 50 Plié, Relevés in Croisé
- 25 Second Position Lifts
- Create Your Own Combo
- 50 Croisé to Second Opens
- 25 Prep to Croisé Tendu
- Try Changing Spot Turns

## FRIDAY

*chypre*

Put on your favorite song  
and move for 15 minutes  
today!