

MONDAY

flexibility

- 3 minute right split or over split
- 3 minute left split or over split
- 3 minute center split
- Partner back stretch (hold 30 seconds)
- 25 superman back lifts
- Bridge walk hands to feet & hold
- Right leg hold on center, straight base leg
- Left leg hold on center, straight base leg
- R/L tilt on center with 10 pulses

TUESDAY

feet

- 25 seated flex to point
- 25 seated point to flex
- 25 penny pickups per foot.
(Dancer is thinking about articulating through arch to pick up coin between the toes and the ball of the foot.)
- 10 tendus front, side, back, side
- 10 dégagés front, side, back, side
- 4 plié, forced arch plié, press to relevé in first position
- 4 plié, forced arch plié, press to relevé in second position
- 4 plié, forced arch plié, press to relevé in fifth position

WEDNESDAY

abs

- 50 crunches
- 50 bicycles
- 50 ninety degree toe touches
- 25 flutter kicks
- 25 V ups
- 25 mountain climbers
- 25 knees to chest and extend long
- 1 minute plank
- 1 minute side plank R/L

THURSDAY

pom motions

- 50 arm pulses in second, flip palms up and down after 25
- 50 arm circles (25 front, 25 back)
- 50 fifth position open to second
- 25 push ups
- 25 tricep dips
- 25 bicep curls
- Do a pom routine or combo from the season with arms full out, thinking about sticking & squeezing the back with each motion

FRIDAY

create a combo as a team

Select a song as a team and each dancer creates an 8 count to create one big combo!