

MONDAY

pom strength & placement drill

- 1-8 High V, Clean, T, Clean, Low V, Clean, T, Clean (swinging arms)
- 1-8 Half T, High V, Half T, T, Half T, Low V, Half T, T (breaking arms)
- 1-8 Circle R arm out, Circle L arm out, Dagers, Candle Sticks, Dagers, Touchdown
- 1-8 Clean, R Diagonal, Clean, L Diagonal, Clean, Right L, Left L, Clean
- Repeat for endurance and strength, add variety of tempos and maintain placement.
- * Bonus add your own pom motions to add variety and difficulty to this drill! How many different motions can you put together and still maintain strength and correct placement?

TUESDAY

body isolations

- 1-8 Head Up & Down, Right & Left, Circle smooth from Left to Right, Tilt Left & Right
- 1-8 Head Down & Up, Left & Right, Circle smooth from Right to Left, Tilt Right & Left
- Repeat, thinking about sharpness and only moving head
- 1-8 Shoulders Shrug Up & Down, Up & Down, Right Shoulder Up, Left Up, Right Up, Left Up
- 1-8 Roll Shoulders back, Roll Shoulders back, Roll Shoulder Front, Roll Shoulders Front
- Repeat, again thinking about moving only the shoulders, letting chest and head stay still
- 1-8 Ribs Move Right & Left, Right & Left, Front & Back, Front & Back
- 1-8 Rib Roll Right, Rib Roll Left
- Repeat, press shoulders down, reaching as far to each direction as possible with ribs
- 1-8 Hips Move Right & Left, Right & Left, Front & Back, Front & Back
- 1-8 Hip Roll Right, Hip Roll Left
- Repeat, bend knees a little when isolating hips, make sure chest maintains stillness
- * Bonus mix and match the different ways you can isolate each part of your body for added variety and difficulty. How many ways can you move one part of your body?

WEDNESDAY

kick technique core strength

- Plank Hold for 30, rest for 15, hold for 30
- 20 Superwoman Plank, rest for 30
- 20 V Ups with single Leg, rest for 30
- 20 V Ups with both legs, rest for 30
- 10 Right Leg Lifts in seated second position, rest for 10
- 10 Left Leg Lifts in seated second position, rest for 10
- 10 Both Leg Lifts in seated second position, rest for 10
- Repeat all exercises 2 times

THURSDAY

leap strength & height

- Bounds or small leaps across the floor down and back with arms on hips
- Sautés in first position (progressions 8-6-4-2)
- Sautés in second position (progressions 8-6-4-2)
- Sautés in coupé R (progressions 8-6-4-2)
- Sautés in coupé L (progressions 8-6-4-2)
- Sautés in diamond (jumping Sautés in shape of diamond on floor, when jumping to front/back of diamond land in second position, when jumping to either side of diamond land in first position)
- 50 Squats in second position
- 15 Squat jumps in second position
- Repeat all exercises 2 times

FRIDAY

groove day

Pick one of your favorite hip hop songs and jam out. See the different ways you can groove to the music, be free and have fun!