

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

turns in second

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

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

battements/leg hold turns

- 2 minute R and L split (1 minute sitting lifted/1 minute stretching forward on top of leg)
- 3 minutes center splits
- 4 R and L tendus in each position en croix (front, side, back, side)
- 4 R and L Dégagés in each position en croix (front, side, back, side)
- 4 R and L battements in each position en croix (front, side, back, side)
- R and L Leg Hold for 1 minute, straight base leg