

## MONDAY

*hipop exercises*

***(Pick any song you want to groove to!)***

- Spell your first name with your arms
- Spell your middle name with your legs
- Spell your last name with any part you choose!
- Isolate/Utilize each body part for 30 seconds—wrist, knees, head, elbows
- Pick a body part of your own to isolate/utilize for 30 seconds!

## TUESDAY

*spotting*

- Warm Up Neck – 10 Head Rolls R, 10 Head Rolls L, 20 Head Tilts side to side, 20 Looking and snapping side to side
- 1 minute plank
- 1 minute side plank R/L
- 60 crunches (10 regular, 10 tabletop, 10 turned out first to sky, 10 legs straight out, 10 R passé, 10 L passé)
- Circle around yourself and snap head staring a point X20 (R shoulder/L Shoulder)
- Chainé 16x on the Right and Left Sides (Snapping your head)
- Chainé 8x on the Right and Left Sides followed by 4 Piqué turns

## WEDNESDAY

*coupé turns*

- Hold Coupé on R and L sides flat footed for 30 seconds
- Hold Coupé in Relevé on R and L sides for 30 seconds
- 30 Relevés in Coupé R and L sides
- Prep from parallel fourth position to R Coupé hold Relevé X15, repeat L side
- 25 Double or Triple R and L Coupés Turns

## THURSDAY

*battements / leg holds*

- 2 minute R and L split (1 minute sitting square up/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

## FRIDAY

*switch leaps*

- 16 sautés in first and second positions
- 16 changements
- 16 Dégagé devant to 16 battement arabesque R and L legs
- 16 battement R and L devant
- 16 battement R and L arabesque
- Small One Step Switch leaps R & L side X16
- 15 full switch leaps R and L