

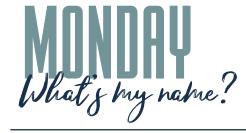
a dancer's at home TECHNIQUE TRAINING

A VARSITY SPIRIT DANCE RESOURCE

Created by NDA Shannah

DANCER'S ABC'S

- A. 30 High Plank Hand to Toe Taps
- B. 30 Hip Thrusters
- C. 30 Alternating Pretty Jump Lunges
- D. 1-minute Pulse in Deep Second
- E. 50 Ankle Biters Abs
- F. 10 Toes Touches
- G. 30-second Leg Hold R & L
- H. 50 Straddle Leg Raises
- I. 50 Bicycles
- J. 30 High V Slap Jacks
- K. 40 Scissor Kicks with Grab
- L. 25 Soutés in First and Second
- M. 50 Mountain Climbers
- N. 10 Pushups/ 10 Tricep Dips
- O. 30 Leg Raise Abs
- P. 30-second Passé Balance R & L
- Q. 1-minute Hallow Hold Abs with Pulse
- R. 25 Relevés in First and Second
- S. 10 T Position Arm Circles R & L
- T. 10 Toes Touch Burpees
- U. 60 Standing Side Bends
- V. 15 V Up Abs
- W. 50 L Position Sharp to T Position R & L
- X. 30 Up Down Planks
- Y. 30 Donkey Kicks R & L
- Z. 45-second Tilt Hold with no hands R & L



Complete the exercises that coincides with the letters of vour first and last name.



Complete the exercises that coincide with the letters of Varsity Spirit Dance.



Complete the exercises that coincides with the phrase,
I love dancing!



Complete the exercises that coincide with each vowel including Y.



Complete the exercises that coincide with the letters of your school name.





