

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

MONDAY

What's my name?

Complete the exercises that coincide with the letters of your first and last name.

TUESDAY

Varsity Spirit Dance!

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

WEDNESDAY

I love dancing!

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

THURSDAY

Can I buy a vowel?

Complete the exercises that coincide with each vowel including Y.

FRIDAY

School Spirit

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