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| NAME: MONTH: | | | | | |
|  | Weekly Exercises | Week \_\_\_ | Week \_\_\_ | Week\_\_\_ | Week \_\_\_ |
| **Core** | 100’s |  |  |  |  |
|  | V sits |  |  |  |  |
|  | 1 min Plank hold |  |  |  |  |
| Optional  6-8 yrs | Plank: Passe Extend series |  |  |  |  |
| **Ankles** | (ll) 1 leg coupe: Eleves 15-32x each leg. |  |  |  |  |
|  | (ll) Plie forced arch eleve lower 8-12 x **Reverse:** Eleve, Forced arch plie straight. 8-12x |  |  |  |  |
|  | Repeat above forced arch series in (V) |  |  |  |  |
|  | Eleve w/ ball 15-32x |  |  |  |  |
| **Turnout** | Inner Thigh Ball squeezes 15x  (II) & (V) |  |  |  |  |
|  | Sumo Squat hold and or Butterfly Hold |  |  |  |  |
|  | Butterfly Extend to side 1 leg. Alt R & L 6x; -Add 3 pulses R/L 4x |  |  |  |  |
|  | On Back: Legs in Air  Squeeze ball & lower. 6-12x |  |  |  |  |
|  | Beat, Beat, Whack/Open  4x hold last one. |  |  |  |  |
| **Feet** | Toe Flicks  4x R/L:(ll) & (V) |  |  |  |  |
|  | “Doming” 10 sec presses-relax. 2-3x |  |  |  |  |
|  | Sautes/Jumps 16(ll), 16(V) point toes in air |  |  |  |  |
|  | Arch stretch 30-60 sec |  |  |  |  |
| **Stretch** | Split Series |  |  |  |  |
|  | Pretzel |  |  |  |  |
|  | Mermaid & Swan |  |  |  |  |
|  | Lying Knee Series |  |  |  |  |
| **Muscle & Body Care** | Feet: toe nails clean & trimmed |  |  |  |  |
|  | Massage legs/feet |  |  |  |  |
|  | Water intake |  |  |  |  |
|  | Rest & Diet |  |  |  |  |
| TOTAL |  |  |  |  |  |
|  | PARENT INITIALS |  |  |  |  |

GOAL: Complete 16-18 Exercises each week. Report your progress to your teacher each week and watch your Confidence and dance skills Blossom, Sept 10-March31st. Those who complete each level of Confidence will receive special recognition throughout the year and at our celebration party.