

Upper body Strength

Warm up: (x 2 times)

30 Seconds running in place





10 Arm circles forwards & backwards



20 Jumping Jacks

Strength (x 3 times)

5 Press - ups



30 seconds Front Support





20 Dips (using a raised level or body weight)



10 Mountain Climbers





15 Second
Handstand
(Feet against wall & belly)





FLEXIBILITY & LEAPING

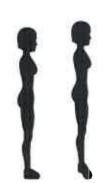
Warm up (x 2 times)

20 Jumping Jacks

30 Calf Raises

40 High Knee's (Running in place)







Flexibility (x 3 times)

10 Front & Back & Side Kicks (Each Leg)



SPLITS (X 1MINUTE X 2 REPS)

Left Front Split



Middle Split



Right Front Split





LEAPING (x 3 times)

5 Stag Leaps



5 Straight Leg Leaps to Arabesque



5 Sissone to Arabesque





5 Split Leaps

