



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**



5 Plank Jacks



**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

