

## 18<sup>th</sup> - 24<sup>th</sup> May

Every day this week:

- Cha cha slide workout – 5 mins with no rest
- Stretch
- Do your conditioning and blocks
- Record yourself doing your weekly challenge

Why not facetime a friend and do the work together? Don't forget to tag us in any posts on Instagram to be featured in our story!

### Monday 18<sup>th</sup> May

- Attention Ballet sequence 3 times (video on website)
- WDYM Dance sequence 3 times (video on website)
- 100 knee squeezes
- 1 min hyper splits

### Tuesday 19<sup>th</sup> May

- 50 dish rocks
- Handstand shaping video 1 (on website) 3 x through, 45 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 30 squat jumps

### Wednesday 20<sup>th</sup> May

- 50 dish rocks
- Handstand shaping video 2 (on website) 3 x through, 30 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 30 one leg glute bridge each leg

### Thursday 21<sup>st</sup> May

- Attention Ballet sequence 3 times (video on website)
- WDYM Dance sequence 3 times (video on website)
- 100 knee squeezes
- 1 min hyper splits
- 10 elephant lifts

### Friday 22<sup>nd</sup> May

- 50 dish rocks
- Handstand shaping video 1 (on website) 3 x through, 45 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 30 squat jumps

### Saturday 23<sup>rd</sup> May

- 50 dish rocks
- Handstand shaping video 2 (on website) 3 x through, 30 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 30 one leg glute bridge each leg

### Sunday 24<sup>th</sup> May

- Rest!