	MON		TUES		WEDS		S	THURS			FRI		SAT		SU		JN			
Cardio Jumping Jacks 8x 4 ways 4x 4 ways 2 x 4 ways 1 x 8 ways																				
Jumping Lunges Switching legs 2 x 16																				
Grand Plies 2 x 16																				
Side Lunches Keeping back tall extending leg into straight position 8 x 2																				
Standing in second with hands on floor. Bending knees and Stretching legs back and fourth keeping feet square. 8 x 2																				
Repeat above with feet together 8x2																				

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Kneeling Stretch Keeping knee in line with foot. Do not let knee pass foot. -3 x per leg Forward and backwards -On Backwards Stretch, flex foot and pull toward yourself keeping torso in line, and head up -On Forward Stretch pull toe to bum on last rep											
Straddle. Flexing feet lower torso with hands in 5 slowly with control. Then lay center keeping head up to avoid back crunching. Stretch each side with both flexed and pointed feet 4x each side											
Lay on back. Pull Thigh Directly to chest and hug underneath. Flex both feet and extend top leg as far as you can without letting the thigh come away from your chest (your leg will not be straight) 30 seconds each leg.											

While still on the floor on your back, grab around ankle and pull leg straight with both legs straight and feet pointed keeping your head on ground.											
BREAK 3 mins Start from kneeling position (Chairs can be used as support for this) Slide square into your split.Making sure your weight is centered and back is tall.Do not let your back knee land on floor. 2x each leg											
Sit in Straddle and Walk hands forward into center split. Keep Arms Strong and legs straight. Don't hunch over. Keep back in a straight line. As it becomes easier you can lower to your elbows. Hold 20 second x3											
Lay on Stomach and place hands under your shoulders											

Extend arms keeping shoulders down and look towards ceiling. Hold 15 seconds										
Repeat Placing hands under chest.										
Repeat Placing hands under hips.										
On last rep let knees separate and try to touch your toes to your head. Keep shoulders down.										