

Beam			T	W	TH	F	S
Releve walks		30 seconds					
Kicks in releve (Forward, Backword, Sideways)		30 seconds					
Passe walks in releve		30 seconds					
Pivot Turns		20					
Heel Snap Turns		20					
Aribesque/Scales		20 seconds/leg					
Single leg balancing on releve		20 seconds each leg					
Floor			T	W	TH	F	S
Lunge - T- Lever		20 / leg					
Lunge - T - Handstand at wall		15-20 second hold					
Candle Stick to Stand and Straight Jump		10 single leg jumps / leg					
Tuck Jumps		30					
Straddle Jumps		30					
Pike Jumps		30					
Split jumps		30					
Strength			T	W	TH	F	S
Calf raises off a stair		15 / leg					
Air Squats		30					
Lunges		30 / leg					
Sit-ups		30					
Tuck/V-ups		30					
Hollow Hold		30 seconds					