

LEVEL 4

Track days and workouts in the spaces provided

Circuit #1 Core/Shaping

Sit-Ups with lift to the ceiling	12					
Arch Ups	12					
Straddle ups with hand touch in front	12					
Arch Rocks	12					
Hollow pulses	12					
Top 1/2 hollow pulse	12					
Lower 1/2 hollow pulse	12					
Top 1/2 arch up	12					
Lower 1/2 arch up	12					
Plank Hold	45 seconds					

3x thru

Circuit #2 Legs Endurance

Frog Jumps	16					
Wall Sit	40 seconds					
Candlestick jump up to stick	16					
Wall Sit	40 seconds					
Squat Jumps	16					
Wall Sit	40 seconds					
Lunge Switches	16					
Stair runs	8x					

3x thru

Circuit #3 Arms/Shoulders

Push Ups	12					
Down Down Up Ups (begin in push up)	20					
Wide arm push ups	10					
1/2 push ups with 2 second hold	10					
Dips with arms up on step	20					
HS hold against wall	40 seconds					

3x thru

LEVEL 4

Mark the dates that you have done the flexibility skills

Running in place or Jumping Jacks	30 sec					
Wrists ankles and neck	45 Secs					
Shoulders - arm circles, front to back and windmills	30 sec					
stretch-seated with fingers backwards - elbows bent	20 secs					
stretch-seated with fingers forward - elbows bent	20 secs					
Standing pike-fingers forward, hands flat, legs straight	30 secs each					
fingers backward, hands flat, legs straight						
Seated Pike -toes pointed, toes flexed	25 sec each					
5 pulses, hold the 5th	10 sec					
Seated Pike with Heels Raised-Toes flexed	30 Secs					
Tucked Toe Point Hold	20 secs					
-Piked Toe Point Hold -	15 sec					
Straddle stretch right with right shoulder tucked under ear on the need left arm over the head reaching the left hand to hold onto the right ankle	20 sec each					
Above with straddle stretch to the left	20 sec					
Straddle stretch right, left, center with toes pointed	20 sec					
Right side triangle, lunge,	20 sec each					
Right side split	35 sec					
Left side triangle, lunge	20 sec each					
Left side split	35 sec					
Center Split	30 sec					
Bridge Rocks	10x's					
Bridge - shoulders over, legs tight x 2	20 secs each					
Bridge - hands elevated if possible x2	15 secs each					
Tuck and roll x 3, roll up to a stand, TADA!!						

This week pick out some of your favorite songs and do this flexibility warm-up to music. It will make it more fun and you can sing along as you stretch. See if you can finish the flexibility as your songs finish!