HOME TRAINING PROGRAM

Video Links

Cardio Warm-Up Video - https://youtu.be/cl0OHo2q4Vc
Follow-Along Stretching Video - https://youtu.be/MlgvI6sw_e8
Stretches with Explanation Video - https://youtu.be/1RJiLFx2abI
Mini Stretching Video - https://youtu.be/HS7UGymuIyU
Strength Work Video - https://youtu.be/qVGBVPUZDq4
Pre-Primary Ballet Video - https://youtu.be/n_A6rgM7fKI

At Home Exercises

Cardio

- 20 star jumps
- 20 squat jumps (jump, landing in a deep squat)
- 20 tuck jumps
- 20 burpees
- 1 minute of running high knees

Repeat 2 times.

Middle Splits

- Deep plié (pushing knees back) - 20 seconds x 10
- Middle split against the wall, facing the wall, with hands behind you pushing your pelvis closer to the wall - 3 minutes
- Up-and-over middle split hold - 2 minutes
- Froggy up-and-over - 3 x 1 minute
- Up-and-over hold - 30 seconds at a time, no elbows on the ground x 4

Right & Left Splits

- Lunge - 20 seconds
- Push back into a hamstring stretch - 20 seconds
- Lie on your back and pull one straight leg towards your chest, with the foot above your head

Repeat on both legs 2 times.

- Slide down into split - 20 seconds
- Reach as far forward as possible in the split (chest towards shin)
- Lean back into a back arch

Repeat 3 times on both legs.

Back Flexibility

- Seal hold - 30 seconds
- Feet-to-head hold - 30 seconds
- Bridge (backbend) hold - 30 seconds, bringing feet as close to hands as possible
- Bridge with straight knees - 30 seconds
- Backbend - try to get elbows to the ground
- Backwards sit-ups x 10 (family member to hold feet)
- Cradle hold - 30 seconds
- Cradle rocks x 15

Strength

- 1-minute plank on elbows
- 30-second dish hold
- 30 mountain climbers
- 30 bicycle sit-ups
- 30-second plank: hand-hand, elbow-elbow, hand-hand, elbow-elbow
- 50 rises
- Balance in pirouette position - try to hold for 5 seconds
- Pointe and flex with a Theraband

Home Stretching Sticker Chart

Stretch each day! Parents, please sign off each day once completed and bring the chart in for a sticker from Miss Jadey & Miss Lacie.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sticker
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								