

29th June – 5th July

Every day this week:

- Cha cha slide warm up – 5 mins with no rest
- Do your conditioning and blocks
- Attend your outdoor session
- 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 29th June

- Practise all 4 dance sequences (videos on the website)
- 1 min hyper splits
- 10 swim throughs

Tuesday 30th June

- 50 toe touches
- 50 burpees
- 50 handstand shoulder taps
- Triceps extension bends 5 x 10
- 20 kickovers
- 10 wine glasses

Wednesday 1st July

- 50 toe touches
- 50 squat jumps
- 50 straight arm pushes
- 100 flutter kicks in dish
- 15 back walkovers
- 15 swim throughs

Thursday 2nd July

- Practise all 4 dance sequences (videos on the website)
- 1 min hyper splits
- 10 headstands

Friday 3rd July

- 50 toe touches
- 100 handstand shoulder taps
- 30 press ups
- 5 x 1 min dish hold
- 20 handstand hold attempts
- 15 bridge stand up (arms by ears!)

Friday 3rd July

- 50 toe touches
- 30 burpees
- 100 handstand shoulder taps
- 30 press ups
- 50 dish rocks
- 15 bridge stand up (arms by ears!)

Sunday 5th July

- Rest!