

13th – 19th July

Every day this week:

- Coin flip warm up – 5 mins with no rest
- Do your conditioning
- 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 13th July

- Practise all 4 dance sequences (videos on the website)
- 1 min hyper splits
- 10 elephant lifts
- 100 knee squeezes

Tuesday 14th July

- 50 calf raises
- Handstand shaping video 1 (on website) 3 x through, 45 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 50 wide leg squats
- 50 v sits

Wednesday 15th July

- 50 calf raises
- Handstand shaping video 2 (on website) 3 x through, 30 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 30 lunge pulses each leg
- 50 arch rocks

Thursday 16th July

- Practise all 4 dance sequences (videos on the website)
- 1 min hyper splits
- 10 elephant lifts
- 100 knee squeezes

Friday 17th July

- 50 calf raises
- Handstand shaping video 1 (on website) 3 x through, 45 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 50 wide leg squats
- 3 x 30 second dish

Friday 18th July

- 50 calf raises
- Handstand shaping video 2 (on website) 3 x through, 30 seconds on each exercise, maximum 2 mins rest in between circuits, 10 seconds rest between exercises
- 15 back walkovers
- 30 lunge pulses each leg
- 50 back arches

Sunday 19th July

- Rest!