

## 1<sup>st</sup> – 7<sup>th</sup> June

Every day this week:

- Cha Cha slide warm up – 5 mins with no rest
- Grace Kelly and Attention stretches – videos on website
- Do your conditioning and blocks
- 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 1<sup>st</sup> June

- Attention Ballet sequence 3 times (video on website)
- WDJM Dance sequence 3 times (video on website)
- 100 knee squeezes
- 1 min hyper splits
- 10 elephant lifts
- Learn/practise waka waka dance!

### Tuesday 2<sup>nd</sup> June

- 100 front support sprints
- 30 burpee press ups
- 100 arch rocks
- 50 leg lowers
- 5 x 10 straight arm pushes
- 20 full turn jumps

### Wednesday 3<sup>rd</sup> June

- 100 front support sprints
- 100 flutter kicks in dish
- 30 body snaps
- 15 headstand to frog balance
- 15 back walkovers

### Thursday 4<sup>th</sup> June

- Attention Ballet sequence 3 times (video on website)
- WDJM Dance sequence 3 times (video on website)
- 100 knee squeezes
- 1 min hyper splits
- 10 elephant lifts

### Friday 5<sup>th</sup> June

- 100 front support sprints
- 5 x 10 straight arm pushes
- 100 dish rocks
- Triceps extension bends 5 x 10
- 20 full turn jumps
- 15 back walkovers

### Saturday 6<sup>th</sup> June

- 100 front support sprints
- 50 leg lowers
- 3 x 50 squat bounces
- 100 handstand shoulder taps
- 15 headstands
- 15 front walkovers

### Sunday 7<sup>th</sup> June

- Rest!