

Pomalinks: Individual Workout

To be done outside of practice

Stretch for 10 min EACH DAY

Legs, feet, arms, back, abs (core)

Splits: Left, Right, and Center (work up to holding each one for 1 min)

Needle Scale (use wall if would like)

3x a Week

Cardio (jog, run, or jump rope) for 10 minutes

Leg Lifts/Kicks (3 sets of 20 each leg)

50 Squats (center and lunges)

Push-ups (work up to 3 sets of 20)

Crunches (3 sets of 30...or ab sequence)

Jazz and Hip Hop Technique (3x a week)

Review what we did in practice that week!

Jazz Walks

Chaines

Bat mas (Kicks)

Pitches

Leg Snatches

Fan Kicks

Leaps (R, L, Center)

Attitude and attitude turns

Calypsos

Pirouettes (single, double, triple)

Fouettes and A la secondes

Body rolls