

DAILY DANCE GOALS

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

STRETCHING							
feet							
back of the knees							
splits							
CORE							
25 crunches							
holds for 1 min.							
STRENGTH							
plank for 2 min.							
25 relevés on each ft.							
25 relevés in first							
16 demi pliés							
16 grand pliés							
TECHNIQUE							
hold passé on each leg for 2 min.							
8 tendues on each side							
8 degages on each side							
8 fouette preps on ea. side							

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