

Home work outs

Yellow-Purple Belts

Warm up 5 minutes

jumping jacks, bouncing, running, jump rope, shadow boxing...

Combinations 5 minutes

Practice all the combinations for your level

Skill work 5 minutes

Practice what your instructors have asked you to practice. Be **READY** for the next class!

Balance 1 minute

Stand on one leg for one minute

Strength Training 5-10 minutes

Do as many as you can as fast as you can

Push ups

Sit ups

Squat jumps

Jump hops

Optional Strength Training

Pull downs (if you have resistance bands) or pull ups if you can
bicep curls (if you have resistance bands) or Chin ups if you can

Flexibility 5 minutes

Sit and reach		Downward facing dog	
Straddle stretch		Quad stretch	
Front leg stretch		Butterfly stretch	
Dancers stretch		Stretch anywhere you are tight	

Check off your workouts as you do them

A Day

B Day

Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		