

## Compulsory VACATION WORKOUT

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Warm Up - Performed in Place</b>								
High Knees	30 Seconds							
Butt Kicks	30 Seconds							
Jumping Jacks	30 Seconds							
Repeat all 3								
Burpees	20							
Competition Warm Up Stretch								
<b>Arms</b>								
Push Ups	3 x 20							
Handstand Hold	3 x 30 Seconds							
Straddle Hold	2 x 20 Seconds							
Push Up Shoulder Shrugs	2 x 20							
Mean 18 (w/ any weight)	3 Sets							
Press Handstands	10							
Plank Walk Outs	2 x 10							
<b>Core</b>								
V-Ups	3 x 20							
Side Crunches	2 x 20 (each)							
Arch Ups	3 x 20							
Lemon Squeezers	3 x 20							
Side Rocks	2 x 20 (each)							
Lower Body Arch Up	3 x 10							
Hollow Holds	3 x 30 Seconds							
Upper Boddy Arch Ups	2 x 20							
<b>Legs</b>								
Lunges	3 x 20							
Calf Raises	3 x 20							
Squats	3 x 20							
Piked Hip Flexors	2 x 15							
Glute Bridge	2 x 60 Seconds							
Straight Leg Pike Sit	2 x 30 Seconds							
<b>Flex</b>								
Splits - L, R, Center	1 Minute (each)							
Hamstring Pike	2 x 30 Seconds							
Bridge - Str Legs	30 Seconds							
Bridge - Bent Legs	30 Seconds							
Achilles	30 Seconds (each)							
<b>Routines</b>								
Visualize	10 Each Event							
Floor Dance Arm Sets	5 in the Mirror							
Beam Dance Arm Sets	5 in the Mirror							