

## DANCE TEAM BOOT CAMP EXERCISES

1. Warm up with jumping jacks sequence starting with jumping jacks, then jumps in second position, then lunges, then jumps with feet together. Remember to point feet with each repetition.
2. Lunges on chair. To the front 20- each leg. To the side- 10 each leg.
3. 100 calf raises. 50 parallel and 50 turned out.
4. Push Ups- 30 total.
5. Crunches 100 total.
6. 10 pirouettes preps each side. 10 Singles. Finish on releve with foot I passé before dropping.
7. Chaines Turns. Remember to keep hips and shoulders square and spot.

GOOD LUCK!