

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_

BLUE – FLEXIBILTY SKILLS TO BE DONE EVERY DAY

BLACK – STRENGTH SKILLS TO BE DONE 2-3X PER WEEK AT HOME

**HIP-HOP HOME PRACTICE SHEET**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | Repetitions | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Split (R) | 20 sec |  |  |  |  |  |  |  |
| Split (L) | 20 sec |  |  |  |  |  |  |  |
| Center split | 20 sec |  |  |  |  |  |  |  |
| Heel Stretch (on the floor both sides) | 8 sec each |  |  |  |  |  |  |  |
| Heel Stretch Standing (R&L) | 8 sec each  |  |  |  |  |  |  |  |
| Plank | 20 sec |  |  |  |  |  |  |  |
| Leaps (R&L) | 8 of each |  |  |  |  |  |  |  |
| Fan kicks (R&L) | 8 of each |  |  |  |  |  |  |  |
| Toe Touches | 8  |  |  |  |  |  |  |  |
| Kicks (R&L) | 8 of each |  |  |  |  |  |  |  |
| Turns (R&L) | 8 of each |  |  |  |  |  |  |  |
| Pas de bourree | 8 of each |  |  |  |  |  |  |  |