

**LYRICAL**

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

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

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

BLUE – FLEXIBILTY SKILLS TO BE DONE EVERY DAY

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

HOME PRACTICE SHEET #2

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | Repetitions | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| Split (R) | 30 sec |  |  |  |  |  |  |  |
| Split (L) | 30 sec |  |  |  |  |  |  |  |
| Center split | 30 sec |  |  |  |  |  |  |  |
| Heel Stretch (on the floor both sides) | 8 sec each |  |  |  |  |  |  |  |
| Heel Stretch Standing (R&L) | 8 sec each |  |  |  |  |  |  |  |
| Arabesque (R&L) | 8 sec each |  |  |  |  |  |  |  |
| Needles (R&L) | 8 sec each |  |  |  |  |  |  |  |
| Fan kicks (R&L) | 8 of each |  |  |  |  |  |  |  |
| Illusions (R&L) | 8 of each |  |  |  |  |  |  |  |
| Kicks (R&L) | 8 of each |  |  |  |  |  |  |  |
| Leaps (R&L) | 8 of each |  |  |  |  |  |  |  |
| Chasse’ (R&L) | 8 of each |  |  |  |  |  |  |  |