

At Home Workouts for:

Shining Starz

AGES: 3-4 years old



May 27th - May 31st

5/27	5/28	5/29	5/30	5/31
LUNGE, CARTWHEEL, LUNGE 	LUNGE, PUPPY TAIL KICK, LUNGE 	LUNGE, CARTWHEEL, LUNGE 	LUNGE, PUPPY TAIL KICK, LUNGE 	LUNGE, CARTWHEEL, LUNGE 
BUNNY HOPS (10) 	TUCK JUMP/STRADDLE JUMP (3) 	ALTERNATING LUNGES (3) 	STRAIGHT JUMPS (3) 	JUMP APART/JUMP & CROSS LEGS (5) 
V-SIT (3 SECS) 	CRAB WALK BWD (ANIMAL ON TUMMY) 	PASSE HOLD R&L (5 SECS) 	BWD TIPPY TOE WALKS 	CANDLESTICK (3) 
2 FORWARD ROLLS 	PIVOT TURNS (3) 	PUPPY TAIL KICKS DOWN A LINE 	SPIDER WALK UP WALL (10 SECS) 	SPAGHETTI & MEATBALLS (5) 
BICYCLE KICKS (10) 	BRIDGE OR TABLE (5 SECS) 	SUPER GYMNAST HOLD (5 SECS) 	PUSH-UP HOLD- JUMPING FEET APART/TOGETHER (3) 	BRIDGE OR TABLE (5 SECS) 