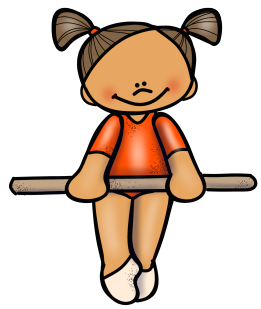


























At Home Workouts for: Shooting Starz

May 27th - May 31st

Ages: 5-7 years old



<u>5/27</u>	<u>5/28</u>	<u>5/29</u>	<u>5/30</u>	<u>5/31</u>
5 CANDLESTICK JUMPS 	IN OUTS/TUCK INS (5) 	25 JUMPING JACKS 	10 STRAIGHT JUMPS TO STICK 	BUTT KICKS IN PLACE (30 SECS) 
BACKWARD ROLL 	PLANK HOLD (10 SECS) 	5 CANDLESTICKS TO STAND 	FORWARD PIKE ROLL 	STRADDLE STRETCH (20 SECS) 
PIVOT TURNS 	HOLD "T" (7 SECS) 	LUNGE, PUPPY TAIL KICK, LUNGE ON A LINE 	5 TUCK JUMPS ON A LINE 	1 FOOT HOPS R&L (10) 
LUNGE, HANDSTAND, LUNGE 	LUNGE, CARTWHEEL, LUNGE 	BRIDGE (10 SECS) 	LUNGE, HANDSTAND, LUNGE 	LUNGE, CARTWHEEL, LUNGE 
SLIDING SIT-UPS (3) 	STAR JUMPS (10) 	BICYCLE KICKS (10) 	FROG JUMPS (5) 	PUSH-UPS (3) 