























At Home workouts for:

Super Starz

AGES: 4-5 1/2 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 
TUCK JUMP/STRADDLE JUMP (5) 	ALTERNATING LUNGES (6) 	STRAIGHT JUMP/JUMP 1/2 TURN (5) 	JUMP FEET APART, JUMP CROSS LEGS (5) 	STAR JUMPS (5) 
V-SIT HOLD (5 SECS) 	KICKS BWD R&L (5) 	LUNGE, "T", LUNGE 	PIVOT TURNS (3) 	RELEVE WALKS DOWN LINE 
CRAB WALK SIDEWAYS 	SUPER GYMNAST HOLD (5 SECS) 	PUPPY TAIL KICKS DOWN LINE 	FORWARD ROLL TO STAND 	CANDLESTICK TO STAND (5) 
LEG LIFTS-SIDE TO SIDE OVER ANIMAL (5) 	PUSH-UP POSITION JUMPING FEET APART TOGETHER (5) 	TABLE/BRIDGE (5 SECS) 	SPAGHETTI & MEATBALLS (10) 	TABLE/BRIDGE (5 SECS) 