

|                                      |                           |                             |                                                    |                              |
|--------------------------------------|---------------------------|-----------------------------|----------------------------------------------------|------------------------------|
| Walk-through<br>- hardshoe<br>choice | 10<br>Burpees             | Drill big<br>kicks          | Stamina-full<br>steps-2 min<br>break in<br>between | Plank<br>1.5<br>minutes      |
| 20 leg<br>raises                     | Turnout<br>Sheet          | Slip Jig -<br>full          | 10<br>Crunches                                     | Treble<br>Jig - full         |
| Walk-through<br>- softshoe<br>choice | 10<br>Push-ups            | Drill<br>single<br>points   | Hornpipe                                           | Toe curls<br>calf<br>stretch |
| Light Jig<br>- all<br>steps          | Splits                    | Drill<br>birds              | Reel -<br>full                                     | 10<br>Sit-ups                |
| Toe<br>Walks                         | 4 minutes<br>jump<br>rope | Wall sits<br>- 2<br>minutes | 90/90<br>stretch                                   | Drill<br>clicks              |

|                                      |                              |                           |                         |                                                    |
|--------------------------------------|------------------------------|---------------------------|-------------------------|----------------------------------------------------|
| Walk-through<br>- softshoe<br>choice | 10<br>Push-ups               | Treble<br>Jig - full      | 10<br>Crunches          | 10<br>Sit-ups                                      |
| 90/90<br>stretch                     | Toe curls<br>calf<br>stretch | Drill<br>single<br>points | Plank<br>1.5<br>minutes | Splits                                             |
| 20 leg<br>raises                     | Drill big<br>kicks           | Slip Jig -<br>full        | Reel -<br>full          | Walk-through<br>- hardshoe<br>choice               |
| Light Jig<br>- all<br>steps          | 4 minutes<br>jump<br>rope    | Turnout<br>Sheet          | Drill<br>birds          | Stamina-full<br>steps-2 min<br>break in<br>between |
| Toe<br>Walks                         | Wall sits<br>- 2<br>minutes  | Drill<br>clicks           | 10<br>Burpees           | Hornpipe                                           |

|                                      |                      |                                                    |                           |                                      |
|--------------------------------------|----------------------|----------------------------------------------------|---------------------------|--------------------------------------|
| Toe curls<br>calf<br>stretch         | Reel -<br>full       | 4 minutes<br>jump<br>rope                          | 90/90<br>stretch          | Drill<br>birds                       |
| 10<br>Sit-ups                        | Drill<br>clicks      | 20 leg<br>raises                                   | Drill<br>single<br>points | Walk-through<br>- hardshoe<br>choice |
| Light Jig<br>- all<br>steps          | Toe<br>Walks         | Slip Jig -<br>full                                 | 10<br>Push-ups            | Turnout<br>Sheet                     |
| Walk-through<br>- softshoe<br>choice | Splits               | Wall sits<br>- 2<br>minutes                        | 10<br>Crunches            | 10<br>Burpees                        |
| Hornpipe                             | Treble<br>Jig - full | Stamina-full<br>steps-2 min<br>break in<br>between | Drill big<br>kicks        | Plank<br>1.5<br>minutes              |