

Toe Walks	10 Burpees	Calf raises 20 each position	Reel - full	Light Jig - all steps
20 leg raises	Stamina-full steps-2 min break in between	Plank 2 minutes	10 Crunches	Splits
Treble Jig - full	10 Push-ups	Drill clicks	Drill rocks	Slip Jig - full
Hornpipe	Pork and beans	Drill big kicks	Pencil exercises	10 Sit-ups
Rosetta	3-2-1's	Wall sits - 2 minutes	4 minutes jump rope	Drill birds

Treble Jig - full	10 Push-ups	Splits	10 Crunches	10 Sit-ups
4 minutes jump rope	Slip Jig - full	Drill clicks	Light Jig - all steps	Pork and beans
20 leg raises	Calf raises 20 each position	Plank 2 minutes	Pencil exercises	Toe Walks
Hornpipe	3-2-1's	Stamina-full steps-2 min break in between	Drill big kicks	Reel - full
Rosetta	Wall sits - 2 minutes	Drill birds	10 Burpees	Drill rocks

Slip Jig - full	Pencil exercises	3-2-1's	4 minutes jump rope	Drill big kicks
10 Sit-ups	Drill birds	20 leg raises	Drill clicks	Toe Walks
Hornpipe	Rosetta	Plank 2 minutes	10 Push-ups	Stamina-full steps-2 min break in between
Treble Jig - full	Pork and beans	Wall sits - 2 minutes	10 Crunches	10 Burpees
Drill rocks	Splits	Reel - full	Calf raises 20 each position	Light Jig - all steps