

|                                                    |                              |                             |                                       |                             |
|----------------------------------------------------|------------------------------|-----------------------------|---------------------------------------|-----------------------------|
| Stamina-full<br>steps-2 min<br>break in<br>between | 1-2-3's<br>in a<br>circle    | Drill<br>clicks             | Practice<br>trebles                   | Light Jig<br>- all<br>steps |
| 20 leg<br>raises                                   | St.<br>Patrick's<br>day full | Plank 2<br>minutes          | 10<br>Burpees                         | Splits                      |
| Toe walking<br>around<br>house 15<br>min           | 10<br>Crunches               | Drill<br>sevens             | Frog<br>position                      | Slip Jig -<br>full          |
| Jump<br>back<br>2-3's                              | Point<br>hop<br>backs        | Drill<br>leaps              | Pencil<br>exercises                   | 10<br>Push-ups              |
| Reel -<br>full                                     | 4 minutes<br>jump<br>rope    | Wall sits<br>- 2<br>minutes | Calf<br>raises 20<br>each<br>position | Drill<br>rocks              |

|                                          |                             |                              |                             |                                                    |
|------------------------------------------|-----------------------------|------------------------------|-----------------------------|----------------------------------------------------|
| Toe walking<br>around<br>house 15<br>min | 10<br>Crunches              | Splits                       | 10<br>Burpees               | 10<br>Push-ups                                     |
| Calf<br>raises 20<br>each<br>position    | Slip Jig -<br>full          | Drill<br>sevens              | Light Jig<br>- all<br>steps | Point<br>hop<br>backs                              |
| 20 leg<br>raises                         | Drill<br>clicks             | Plank 2<br>minutes           | Pencil<br>exercises         | Stamina-full<br>steps-2 min<br>break in<br>between |
| Jump<br>back<br>2-3's                    | 4 minutes<br>jump<br>rope   | St.<br>Patrick's<br>day full | Drill<br>leaps              | Practice<br>trebles                                |
| Reel -<br>full                           | Wall sits<br>- 2<br>minutes | Drill<br>rocks               | 1-2-3's<br>in a<br>circle   | Frog<br>position                                   |

|                                          |                       |                             |                                       |                                                    |
|------------------------------------------|-----------------------|-----------------------------|---------------------------------------|----------------------------------------------------|
| Slip Jig -<br>full                       | Pencil<br>exercises   | 4 minutes<br>jump<br>rope   | Calf<br>raises 20<br>each<br>position | Drill<br>leaps                                     |
| 10<br>Push-ups                           | Drill<br>rocks        | 20 leg<br>raises            | Drill<br>sevens                       | Stamina-full<br>steps-2 min<br>break in<br>between |
| Jump<br>back<br>2-3's                    | Reel -<br>full        | Plank 2<br>minutes          | 10<br>Crunches                        | St.<br>Patrick's<br>day full                       |
| Toe walking<br>around<br>house 15<br>min | Point<br>hop<br>backs | Wall sits<br>- 2<br>minutes | 10<br>Burpees                         | 1-2-3's<br>in a<br>circle                          |
| Frog<br>position                         | Splits                | Practice<br>trebles         | Drill<br>clicks                       | Light Jig<br>- all<br>steps                        |