

Part 1

- ❖ 1 minute Plank
- ❖ 5x burpees
- ❖ 10x Demi Pliés
- ❖ 5x Grande Pliés (hold 5 seconds)
- ❖ 15x Relevés (2 second hold)
- ❖ 5x single leg relevé (each leg, 2 second hold)
- ❖ 5x tendus devant (slow, each leg)
- ❖ 5x single leg relevé in retire (each leg, 2 second hold)
- ❖ 10 second balance (flat foot) in retire (each leg)
- ❖ 10x single leg relevé in retire (each leg)
- ❖ 10x ankle circles (5x clockwise, 5x anticlockwise, each leg)
- ❖ 10x single leg fondu (5 each leg)
- ❖ 1 minute plank

Part 2

- ❖ 30 second plank right side & left side
- ❖ 10x flex and point
- ❖ 10x floor pliés
- ❖ 10x air pliés and point
- ❖ 10x ankle circles (5x clockwise, 5x anticlockwise, each leg)
- ❖ 10x ballet ups, (last one up to standing no arms)
- ❖ 5x slow rises (hold 10seconds)
- ❖ 10x sautés
- ❖ 10 echappé sautés
- ❖ 1 minute grand plié in 2nd position (30 sec heels down, 30 sec heels off)
- ❖ Rise and hold in 5th 10 seconds
- ❖ Retire devant, hold 10 seconds
- ❖ Retire derrière, hold 10 seconds
- ❖ Close 5th, lower demi plié