Name:
Month:

Side Stations

There are different levels of each exercise based on ability, please ask.
*Use Trampoline or Bosu whenever possible. No bouncing on trampoline

	DATE																														
Roller - Every Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Calfs 2 minutes																															
Glutes 2 minutes																															
Quads 2 minutes																															
Foot and Ankle Work/Balance																															
*Clock Face x 5 LR																															
*Feet Rocks x 20																															
*Step down and Stick x 10																															
Arabesque 30 seconds each leg																															
Hop On Hop Off x 10																															
Toe Points 1 minute																															
Strength and Power																															
*Front Support 1 min																															
Band Hold (Knees or Standing)																															
Block Jumps x 10																															
Dish Holds 1 min																															
Half Handstands 30 seconds																															
Range Routine																															
Flexibility - Every Day																															
R/L Hip Flexor 30 seconds max range																															
R/L Splits 30 seconds max range																															
Box Splits 30 seconds max range																															
Japana 30 seconds max range																															
Handstand forward roll 2 mins																															
Backward roll handstand 2 mins																															