



BJELKE-PETERSEN

SCHOOL OF PHYSICAL CULTURE LTD

EST. 1892

PRACTICE IN THE HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Stretch 30 mins</p> <p>- calves - hamstrings - quads</p> <p>Practice correct splits technique</p>	<p>Strength 100 leg lifts</p> <p>- standing tall raise and lower leg slowly with control, forward, sideways and behind. Change legs.</p>	<p>Stretch 30 mins</p> <p>- spine (forward, back and rotation) - shoulders - neck</p>	<p>Strength 100 sit ups</p> <p>- crunches - twisting sit ups (elbow to opposite knee) - straight leg situps (use your abs not your back!)</p>	<p>Stretch 30 mins</p> <p>- hips (inward and outward rotation) - inside thigh - hip flexor (front of hip)</p>	<p>Strength 100 various</p> <p>- Plank x 10 - ankle rises x 10 each leg - Lunges x 10 each leg Repeat planks, rises and lunges.</p>
<p>Practice Warm up and Exercises.</p> <p>Video and watch back on phone/ipad</p> <p>List 4 strengths and weaknesses in each routine</p> <ul style="list-style-type: none"> • • • • 	<p>Practice your 4 areas for improvement from yesterday's practice in Warm up and Exercises.</p> <p>Ask someone to watch you or watch yourself in a mirror.</p>	<p>Practice Relaxed and Floor Drill.</p> <p>Video and watch back on phone/ipad</p> <p>List 4 strengths and weaknesses in each routine</p> <ul style="list-style-type: none"> • • • • 	<p>Practice your 4 areas for improvement from yesterday's practice in Relaxed and Floor Drill.</p> <p>Ask someone to watch you or watch yourself in a mirror.</p>	<p>Practice Marching and Dance.</p> <p>Video and watch back on phone/ipad</p> <p>List 4 strengths and weaknesses in each routine</p> <ul style="list-style-type: none"> • • • • 	<p>Practice your 4 areas for improvement from yesterday's practice in Marching and Dance.</p> <p>Ask someone to watch you or watch yourself in a mirror.</p>