

WEEK 5

POWER & DANCE TRANSFER

Single Leg Hops (linear & lateral)	10 EACH DIRECTION	
Single Leg Decline Eccentric Calf Raises	10 REPS	
High Toe to Tip Toe	8 - 12 REPS	2 - 3 SETS
High Toe Holds (Active)	20 - 30S HOLD	
Jump & Stick (crossed feet switch)	6 REPS	