

WEEK 6

POWER & DANCE TRANSFER

Point Switch & Stick	6 EACH LEG	2 - 3 SETS
SL Ballistic Heel Raise	10 REPS	
Heel Raise to Tip Toe	8 - 12 REPS	
High Toe Hold w/ Side / Forward Steps	20 - 30s HOLD	
Switch & Spring	6 REPS	