

WEDNESDAY POM

PLEASE BEGIN WITH WARM UP AND STRETCH (ALL CLASSES) WORKSHEET

All across floor (make sure to do left and right)

- Kicks to the front arms out in “T”
- Kicks to the side arms out in “T”
- Kicks to the back arms in “Candlestick”
- Pique turns (step 4 turns)
- Leaps
- Center Leaps

