

Dance Party Exercise Routine

You Need:

- Radio or iPod or CD of favorite “Energy” Songs with at least 5 songs in a row.
 - Open Space in your home or outside so you can move. Invite a friend or two if you want.
 - Clothes and shoes that are easy and comfortable to move in.
 - Water Bottle. Take a big drink before you start.
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During First Song:



Dance! Hop, Shake, Reach, Turn, Drop, Spin.

During Second Song:

1. Do 20 Mountain Climbers.

- Get into the push-up position (arms straight), balls of your feet on the floor.
- Lift your right knee straight up towards your right arm, then back down.
- Bring knees in straight under your body.
- Repeat with your left knee to left arm.
- Increase the speed so your legs are moving up and down.
- Continue for 20 seconds.



2. Flying Superman

- Lie face down on the carpet.
- Raise one arm and the opposite leg, then progress to both.
- Hold for 30 seconds.
- Relax for a count of 3, then hold again for 30 seconds.



3. Repeat 20 Mountain Climbers

4. Side to side Jumping Jacks

- Instead of jumping, move one leg to the other and raise both hands.



5. Balance

- Tighten your stomach to keep you upright, do not lean back or forward.
- Try to hold for a maximum of one minute.



During Third Song:

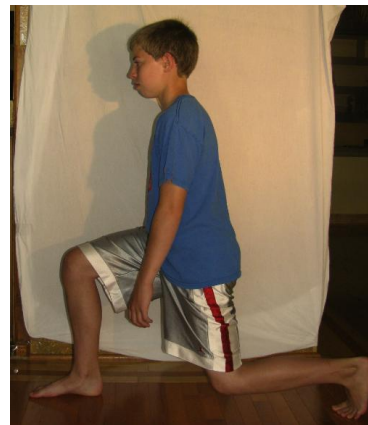


Dance! Hop, Shake, Reach, Turn, Drop, Spin.

During Fourth Song:

1. Lunges

- Make sure your shoulders are back, and your knee does not cross over your toes.
- 3 sets of 8 on each side



2. Lifts

- Lift lower back slightly off the ground.
- Lift toes straight up to the ceiling. Do not move legs toward head.
- Small movements, think “seesaw”
- 3 sets of 8 lifts



3. Burpees

- 2 sets of 8



4. Plank for one minute

- Make sure the buttock does not stick up or dip down.



Or do 10 push-ups



5. Marching Band leg lifts

- 3 sets of 8



During Last Song:



Dance! Hop, Shake, Reach, Turn, Drop, Spin

Stretch

