Year 10 Technique and Body Conditioning

Week One:

15 Minute Dance Technical Warm Up https://www.youtube.com/watch?v=rXhQ3dDiWVE

15 Minute Full Body Workout https://www.youtube.com/watch?v=QNtCo20dD6w

15 Minute Full Body Stretch https://www.youtube.com/watch?v=7KSoWzbznhk

Week Two:

13 Minute Commercial Warm Up https://www.youtube.com/watch?v=ZgRyO6qM-x0

20 Minute Cardio and Full-Body Toning https://www.youtube.com/watch?v=bm4WZyH5p2I

15 Minute Full Body Stretch https://www.youtube.com/watch?v=flDQ-Av5DZ8&t=3s

Week Three:

Italia Conti Contemporary Class
https://www.youtube.com/watch?v=ty8SUFiar5M&list=PLXSToRkLrp7KX9Ejs-uAf68NrX9IUFT0A&index=10

10 Minute Stretch https://www.youtube.com/watch?v=nJ_uNf7Nkes&t=25s

Week Four:

Dance Warm Up and Stretch https://www.youtube.com/watch?v=sJFnAElaKVQ&t=30s

Floor Barre Workout https://www.youtube.com/watch?v=xBulcE3hxto

20 Minute Flexibility https://www.youtube.com/watch?v=SNNKQlkoPqQ&t=11s

Week Five:

18 Minute Technical Warm Up https://www.youtube.com/watch?v=4hVroqIBlCo&t=144s

The Body Coach HIIT Workout https://www.youtube.com/watch?v=xvn3HlSxYdM

Lazy Dancer Deep Stretch https://www.youtube.com/watch?v=p39UHZ7h5OA