

Acro Color & Win



SCHOOL of DANCE

25 Mountain climbers, 25 burpees	Hold 1 minute plank.	Legs together & reach forward. Hold for 30 seconds. Straight legs!	Straddle stretch. Reach right (30s) Nose to R knee (30s) Reach left (30s) Nose to L knee (30s) Reach center (30s)	Hold candlestick 1 minute.
Crabwalk 8ft any direction.	Wall sit 45 seconds.	Push up to bridge or backbend. Hold for 30 seconds or longer if you can!	Headstand - knees on elbows, tuck, straddle or straight. Hold as long as you can!	Superman hold for 40 seconds.
Cobra stretch 40 seconds, toes to head hold for 20!	<i>*if you have a safe place to practice & ask a grown up first*</i> Handstand against the wall & hold as long as you can.	Free Space	Humpty dumpy stretch, hold for 30s. Practice 3x. Straight legs and straight back!	<i>*if you have a safe place to practice & ask a grown up first*</i> 3 cartwheels right, 3 left (any variation)
20 sit ups 10 v-sit ups 10 bicycle crunches	Single leg hold - heel stretch holding your heel up high to your head. 10s each leg.	10 rock and rolls from standing up, down and return to standing up. Feet stay together!	Bridge w/ lifting up 1 arm R & L 10s each. Repeat w/ legs R & L 10s each.	Practice bridge walking where you have an open space. 10+ steps.
<i>*if you have a safe place to practice & ask a grown up first*</i> practice your forward rolls 3x.	Practice kneeling bridge 5x. On knees (without bum on heels), arms straight & backbend back to touch floor.	Practice your recital dances for 10 minutes!	Create an acro dance at home. Send us a video or tag us on FB/IG	Stretch with your grown up! Have them do 3 exercises (or more!) with you. :)

When done correctly from square 1 (top left) through the end (bottom right), this should take 45+ minutes. Stay busy and strong over this break! Color the squares after you complete them. You may need more than 1 sheet to do this on multiple days. Post & tag Kehl on social media with hashtag #kehldancechallenge to win prizes!