

PURPLE RAIN

For the week of: 4/13-4/19

TicToc

30sec/15sec rest (repeat 3x)

Outside/ Inside

1min on each foot (repeat 3x)

V-moves (inside/outside)

1min/20sec rest (repeat 3x)

Sole Role

1min/20sec rest (repeat 3x)

V-Pullbacks

30sec/ 15sec rest (repeat 3x)

Single Leg V-moves: left & right

30sec/ 15sec rest (repeat 3x)

Drag Back Right/Left

30sec/15sec rest (3x each foot)

Pull Back Scissors

1min/ 20sec rest (repeat 3x)

-Coach PK

Individual Training

For demo please follow:
Kassandra on Instagram
[@vega_idk_vegas](#)

