

PURPLE RAIN

For the week of: 4/21-4/27

TicToc

1min/ 30sec rest x2

Toe Touches

1min/30sec rest x2

Around the Cone

1min both legs x2

30sec single leg x3

Triangles

1min/20sec rest x4

Roll Forward/Roll Backward

1min/ 20sec rest x4

Step Overs

1min/ 20sec rest x4

Drag & Go: left & right foot

30sec each/ 20sec rest x4

Touch & Chop

1min/ 20sec rest x4

-Coach PK

Individual Training

For demo please follow:

Kassandra on Instagram

@vega_idk_vegas

