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## 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 the First Song



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

### During the 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 the Third Song:

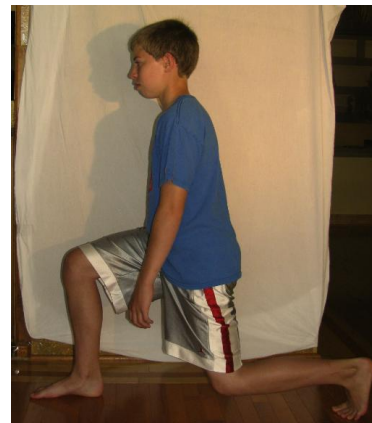


Dance! Hop, Shake, Reach, Turn, Drop, Spin.

### During the Fourth Song:

#### 1. Lunges

- Make sure your shoulders are back and your knee does not cross over you 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 the Last Song:**



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

**Stretch**

