

VDA SPRING BREAK fitness challenge

We are so excited to launch our **Spring Break Fitness Challenge** to keep our dancers moving, motivated, and feeling strong over the break!

Here's how it works:

Print your Bingo Card

Complete every square

(Be sure to fill in your time/results or submit a short video for proof!)

Bring your completed Bingo Card back to the studio on Monday, March 30th!

Every dancer who completes the full card will have their name entered into our prize draw!

🌟 **Grand Prizes Include:**

- \$100 Gift Card to Lost Together
- \$100 Gift Card to Lululemon
- \$100 Gift Card to Aritzia

Let's stay consistent, stay strong, and come back even better for the final stretch of the season!

We can't wait to see you crushing your cards 💪🔥

— The VDA Team



VDA SPRING BREAK fitness challenge



<p>BONUS: 20 min walk outdoors</p>	<p>Werk Out #1 Time: _____</p>	<p>Werk Out #2 Total Reps: _____</p>	<p>Werk Out #3 Time: _____</p>	<p>BONUS: Run through all of your dances as full out as you can with the space you have.</p>
<p>BONUS: Yoga class *free options on YouTube*</p>	<p>Werk Out #4 *Submit video*</p>	<p>Werk Out #5 Time: _____</p>	<p>Werk Out #6 Time: _____</p>	<p>BONUS: Follow a guided meditation on Spotify/Apple Music</p>
<p>BONUS: Spend 20 minutes stretching, foam rolling, listening to music that makes you feel good!</p>	<p>Werk Out #7 Time: _____</p>		<p>Werk Out #8 Time: _____</p>	<p>BONUS: Put your phone away for 6 hours (during the day). *During a work shift doesn't count* ;)</p>
<p>BONUS: Hike a mountain! Knox or similar! Take a pic at the top to prove it! ;)</p>	<p>Werk Out #9 *Submit video*</p>	<p>Werk Out #10 *Submit video*</p>	<p>Werk Out #11 Time: _____</p>	<p>BONUS: Get a minimum of 8 hours of sleep, 3 nights in a row!</p>
<p>BONUS: Spend 10 mins journaling. Write down 1 short term dance goal and 1 long term dance goal.</p>	<p>Werk Out #12 Time: _____</p>	<p>Werk Out #13 Time: _____</p>	<p>Werk Out #14 Time: _____</p>	<p>BONUS: Send a teammate that you don't talk to daily, a positive note of kindness & encouragement!</p>

DANCERS NAME: _____

PARENT SIGNATURE: _____

WERK OUTS (1-4)

Werk Out #1

3 Rounds for Time:

15 x Squats

10 x Lunges (per side)

10 x Push Ups (from knees or toes)

60 second Plank

Record your time on your Bingo Card!

Werk Out #2

Tabata Cardio Day

8 rounds - 20 seconds of work, 10 seconds of rest

Mountain Climbers (8 rounds)

2 min rest

Burpees (8 rounds)

2 min rest

Plank to Sprawl (8 rounds)

2 min rest

Jump Squats (8 rounds)

Tip: Use a Tabata song on Spotify/Apple Music for easy counting!

Record your total reps!

Werk Out #3

Core Day!

4 Rounds:

20 Dead Bugs (total)

20 V-Snaps

20 Side Plank Oblique Crunch (per side)

60 second plank

Record your time on your Bingo Card!

Werk Out #4

Find a hill!

5 x Hill Sprints:

Sprint up the hill.

Walk down it.

Repeat 5 times.

Film this in Timelapse and send to @thevillagedanceacademy on IG

WARM UP IDEA:

30 SECS OF EACH:

HIGH KNEES, JUMPING JACKS, SHOULDER TAPS, BUTT KICKERS, INCH WORMS

FOLLOWED BY 3 MINS OF LIGHT STRETCHING

WERK OUTS (5-8)

Werk Out #5

4 Rounds for time:
15 x Tricep dips (use a chair or bench)
20 x Walking Lunges
15 x Push Ups
20 x Single Leg Calf Raise (per side)

Record your time on your Bingo Card!

Werk Out #6

For Time:
100 Russian Twists
100 Squats
100 Push ups
100 Plank to Sprawl

You must complete all 100 reps of the Russian twists, before moving on to squats (etc.)

Record your time on your Bingo Card!

Werk Out #7

3 Rounds for time:
1 min Wall Sit in forced arch
1 min Plank on elbows
50 x V-Snaps
1 min Wall Sit in forced arch
1 min Plank on elbows
1 min rest

Record your time on your Bingo Card!

Werk Out #8

For Time:
30 squats
30 walking lunges (per leg)
30 calf raises (slow and controlled)
20 squats
20 walking lunges (per leg)
20 calf raises (slow and controlled)
10 squats
10 walking lunges (per leg)
10 calf raises (slow and controlled)

Record your time on your Bingo Card!

WARM UP IDEA:

- 2 Rounds
- 15 Glute Bridges (hold last rep 10 sec)
 - 10 Single-Leg Glute Bridges each side
 - 12 Slow Squats (3 sec down)
 - 10 Push-Ups
 - 20 Mountain Climbers
 - 30 sec Hollow Hold
- Focus = control, not speed.

WERK OUTS (9-12)

Werk Out #9

As Many Rounds As Possible in 15 mins:

- 5 Burpees
- 10 Plank to Sprawl
- 15 Mountain Climbers (per leg)
- 20 Push Ups

Set a 15 minute timer, and repeat these reps until the timer goes off.

Film this in Timelapse and send to @thevillagedanceacademy on IG

Werk Out #10

Every Minute on the Minute for 20 mins

- Rotate through 5 moves x 4 rounds
- Minute 1: 10 Jump Squats
- Minute 2: 6 Push-Ups
- Minute 3: 10 Alternating Reverse Lunges
- Minute 4: 30 sec Hollow Hold
- Minute 5: 5 Burpees

Repeat 4 times!

Film this in Timelapse and send to @thevillagedanceacademy on IG

Werk Out #11

For Time:

- 10 Mountain Climbers
- 10 Sit-Ups
- 10 Plank Shoulder Taps
- 20 Mountain Climbers
- 20 Sit-Ups
- 20 Plank Shoulder Taps
- 30 Mountain Climbers
- 30 Sit-Ups
- 30 Plank Shoulder Taps
- 40 Mountain Climbers
- 40 Sit-Ups
- 40 Plank Shoulder Taps

Record your time on your Bingo Card!

Werk Out #12

3 Rounds for time:

- 12 Push-Ups
- 10 Tricep Dips
- 20 Bicycle Crunches (knee to elbow)
- 30 sec Super(wo)man Hold
- 30 sec Plank Hold

Record your time on your Bingo Card!

WARM UP IDEA:

- 3 Rounds
 - 20 Calf Raises
 - 10 Squat Jumps (stick landing 2 sec)
 - 10 Alternating Jump Lunges
 - 20 High Knees
 - 20 Butt Kickers

WERK OUTS (13 & 14)

Werk Out #13

For Time:

100 Squats
90 Mountain Climbers
80 Calf Raises
70 Walking Lunges (total)
60 sec Wall Sit
50 Push Ups
40 Burpees
30 V-Snaps
20 Plank to Sprawl
10 Tricep Dips

Record your time on your Bingo Card!

Werk Out #14

For Time:

1 minute Plank Hold
40 Mountain Climbers
30 Sit-Ups
20 Side Plank Hip Dips (per side)
10 Burpees
20 Side Plank Hip Dips (per side)
30 Sit-Ups
40 Mountain Climbers
1 minute Plank Hold

Record your time on your Bingo Card!

REMEMBER TO LISTEN TO
YOUR BODY AND HAVE FUN!

LET'S GO, VILLAGERS!

WARM UP IDEA:

Have a dance party!

Put on your favourite pump up music and dance/jump around for 3 minutes!

Followed by a 5 minute light stretch!