



CHALLENGER PROGRAM

Week 1

Day 1 - Rear Leg

Day 2 - No Movement - Parallel Position

Week 2

Day 1 - Lead Leg

Day 2 - Shuffling/Jump Training

Week 3

Day 1 - Hands Only

Day 2 - Slow Motion And Hold/ Skill Development Kicking/ 10 Kicks,040,50,40,30,20 Double Kicks, 10 Trio

Week 4

Day 1 - Side To Side/Parallel Position

Day 2 - String Day

Week 5

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day/Strength And Conditioning

Week 6

Day 1 - Rear Leg

Day 2 - No Movement - Parallel Position

Week 7

Day 1 - Lead Leg

Day 2 - Shuffling/Jump Training

Week 8

Day 1 - Hands Only

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kicking/ 10,20,30,40,50.40.30.20 Doubles

Week 9

Day 1 - Side To Side / Parallel Position

Day 2 -String Day

Week 10

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day/Strength And Conditioning

Week 11

Day 1 - Rear Leg

Day 2 - No Movement – Parallel Position

Week 12

Day 1 - Lead Leg

Day 2 - Shuffling / Jump Training

Week 13

Day 1 - Hands Only Hold/ Skill Development Kicking/10,20,30,40,50,40,30,20 Double

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kick

Week 14

Day 1 - Side To Side / Parallel Position

Day 2 - String Day

Week 15

Day 1-Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day / Strength And Conditioning



Week 16

Day 1 - Rear Leg

Day 2 - No Movement – Parallel Position

Week 17

Day 1 - Lead Leg

Day 2 - Shuffling/Jump Training

Week 18

Day 1 - Hands Only

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kicking/ 10,20,30,40,50,40,30,
20 Doubles

Week 19

Day 1 - Side To Side / Parallel Position

Day 2 - String Day

Week 20

Day 1 A Legs - Parallel - Singles / Doubles / Triples

Day 2 - Chair Day/Strength And Conditioning

Week 21 –

Day 1 - Rear Leg,

Day 2 - No Movement - Parallel Position

Week 22

Day 1 - Lead Leg

Day 2 - Shuffling / Jump Training

Week 23

Day 1 - Hands Only

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kicking/10,20,30,40,50,40,
30,20 Double

Week 24

Day 1 - Side To Side /Parallel Position

Day 2 - String Day

Week 25

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day / Strength And Conditioning

Week 26

Day 1 - Rear Leg

Day 2 - No Movement - Parallel Position