



## Extreme Program

### Week 1

Day 1 - Lead Leg  
Day 2 - No Movement - Parallel Position  
Day 3 - Hands Only  
Day 4 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 5 - String Day

### Week 2

Day 1 - Rear Leg  
Day 2 - Shuffling / Jump Training  
Day 3 - Legs - Parallel - Singles / Doubles / Triples  
Day 4 - Legs - Parallel - Side To Side  
Day 5 - Chair Day / Strength And Conditioning

### Week 3

Day 1 - No Movement - Parallel Position  
Day 2 - Lead Leg Triple Kicks  
Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50,40,30,20 Double Kicks 10  
Day 4 - Hands Only Day 5 - String Day

### Week 4

Day 1 - Shuffling-Jump Training  
Day 2 - Rear Leg  
Day 3 - Parallel Position - Side To Side  
Day 4 - Legs - Parallel - Singles / Doubles / Triples  
Day 5 - Chair Day / Strength And Conditioning

### Week 5

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 2 - Lead Leg  
Day 3 - No Movement - Parallel Position  
Day 4 - Hands Only Day 5 - String Day

### Week 6

Day 1 - Parallel Position - Side To Side  
Day 2 - Shuffling - Jump Training  
Day 3 - Legs - Parallel - Singles / Doubles / Triples  
Day 4 - Rear Leg  
Day 5 - Chair Day / Strength And Conditioning,

### Week 7

Day 1 - Hands Only  
Day 2 - Lead Leg Triple Kicks  
Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10  
Day 4 - No Movement – Parallel Position  
Day 5 - String Day

### Week 8

Day 1 - Legs - Parallel - Singles / Doubles / Triples  
Day 2 - Parallel Position - Side To Side  
Day 3 - Shuffling / Jump Training  
Day 4 - Rear Leg  
Day 5 - Chair Day / Strength And Conditioning

### Week 9

Day 1 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 2 - No Movement – Parallel Position  
Day 3 - Hands Only  
Day 4 - Lead Leg  
Day 5 - String Day

### Week 10

Day 1 - Parallel Position - Side To Side



Day 2 - Shuffling / Jump Training  
Day 3 - Rear Leg  
Day 4 - Legs Parallel - Singles/ Doubles/ Triples  
Day 5 - Chair Day / Strength And Conditioning

Week 11

Day 1 - Lead Leg  
Day 2 - No Movement - Parallel Position  
Day 3 - Hands Only Triple Kicks  
Day 4 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10  
Day 5 - String Day

Week 12

Day 1 - Rear Leg  
Day 2 - Shuffling/Jump Training  
Day 3 - Legs -Parallel - Singles / Doubles / Triples  
Day 4 - Parallel Position - Side To Side - Chair Day/Strength And Conditioning  
Day 5 Chair Day

Week 13

Day 1 - No Movement - Parallel Position  
Day 2 - Lead Leg  
Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30 40 60 Triple Kicks  
Day 4 - Hands Only  
Day 5 - String Day 30.40,50, 40,30,20 Double Kicks, 10

Week 14

Day 1 - Shuffling / Jump Training  
Day 2 - Rear Leg  
Day 3 -Parallel Position - Side To Side  
Day 4 - Legs Parallel - Singles/Doubles/ Triples  
Day 5 - Chair Day/Strength And Conditioning

Week 15

Day 1 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Viou Triple Kicks  
Day 2-Lead Leg  
Day 3 - No Movement - Parallel Position  
Day 4 - Hands Only  
Day 5 - String Day

Week 16

Day 1 - Parallel Position - Side To Side  
Day 2 - Shuffling/Jump Training  
Day 3 - Legs - Parallel- Singles / Doubles / Triples  
Day 4 - Rear Leg  
Day 5 - Chair Day / Strength And Conditioning

Week 17

Day 1 - Hands Only  
Day 2 - Lead Leg  
Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 4 - No Movement - Parallel Position  
Day 5 - String Day

Week 18

Day 1 - Legs - Parallel - Singles / Doubles / Triples  
Day 2.- Parallel Position - Side To Side  
Day 3 -Shuffling / Jump Training  
Day 4 - Rear Leg  
Day 5 -Chair Day / Strength And Conditioning

Week 19

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks  
Day 2 - No Movement - Parallel Position  
Day 3 - Hands Only  
Day 4 - Lead Leg  
Day 5 - String Day



Week 20

- Day 1 - Parallel Position - Side To Side
- Day 2 - Shuffling / Jump Training
- Day 3 - Rear Leg
- Day 4 - Legs - Parallel - Singles / Doubles/ Triples
- Day 5 - Chair Day | Strength And Conditioning

Week 21

- Day 1 - Lead Leg
- Day 2 - No Movement - Parallel Position
- Day 3 - Hands Only
- Day 4 - Slow Moti Triple Kicks
- Day 5 - String Day Slow Motion And Hold/Skill Development Kicking / 10.20.30.40.50.40.30.20 Double Kicks, 10

Week 22

- Day 1 - Rear Leg
- Day 2 - Shuffling / Jump Training
- Day 3 - Legs - Parallel - Singles / Doubles / Triples
- Day 4 - Legs - Parallel - Side To Side
- Day 5 - Chair Day / Strength And Conditioning

Week 23

- Day 1 - No Movement - Parallel Position
- Day 2 - Lead Leg Kicks
- Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double Kicks, 10 Triple
- Day 4 - Hands Only
- Day 5 - String Day

Week 24

- Day 1 - Shuffling - Jump Training
- Day 2 - Rear Leg
- Day 3 - Parallel Position - Side To Side
- Day 4 - Legs - Parallel - Singles / Doubles / Triples
- Day 5 - Chair Day/Strength And Conditioning

Week 25

- Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double Kicks, 10 Triple Kicks
- Day 2 - Lead Leg
- Day 3 - No Movement – Parallel Position
- Day 4 - Hands Only
- Day 5 - String Day

Week 26

- Day 1 - Parallel Position - Side To Side
- Day 2 - Shuffling - Jump Training
- Day 3 - Legs - Parallel - Singles / Doubles / Triples
- Day 4 - Rear Leg
- Day 5 - Chair Day / Strength And Conditioning