

dance from home

B I N G O

head rolls shoulder rolls hip rolls ankle rolls	30 min walk outside	wall split while listening to your fav song	15 min run outside	floor stretches for 10 min
15 min of youtube yoga	perform your spring show dances in your driveway	..bonus square if you do it at night with your car lights as spot lights	..extra bonus square if you invite people to watch in person or facetime	15 min youtube hiit workout
take a class live via insta, youtube, etc	Take a pic in your fav yoga pose and post on insta...tag us!	@dancelineusa	create a SM challenge for your team and share it! [tag us and we will join in!]	take a class live via insta, youtube, etc
15 min of youtube yoga	11 squats everyday at 11 AM for a week	research and make an insta story about a dance icon	50 releves everyday at 5pm for a week	15 min youtube hiit workout
9 burpees at 9 AM every day for a week	30 min walk outside	hold a plank for 1 min at 1 PM every day for a week	15 min run outside	8 mountain climbers everyday at 8 PM for a week