

Dance Wellness: Conditioning & Recovery Program

Sample Training Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM: Physical Training	Rest Day	Physical Training		*Optional Rest Day *Physical Training	*Optional Rest Day *Physical Training	
PM: Dance Training		Dance Training	Dance Training	*Dance Training	*Dance Training	Dance Training

The goal is to strive for at least 3 days of Physical training, in concert with 4-5 days of Dance training. The Rest Day is not a day to sit around and veg out, but rather a day to engage in active recovery and reconditioning activities like Swimming, Walking, in-depth SMR (Self Myofascial Release (aka Foam Rolling)), Massage, Chiropractic Care or similar activities.

Examples of Good Physical Training Activities:

Jump Rope (Speed Rope) 15 min or longer

Tabata Drills with your favorite Exercises (Tabata’s are 20 secs of work combined with 10 sec rest periods – very intense, highly effective)

Burpees

Decline Push-Ups with Ab Tuck on Stability Ball

Plank Walks

If you need help choosing other Physical Training Activities or Programs schedule just ask, or try out one of the programs from the Imani Wellness LiveFit.DreamBig Challenges on our [Facebook](#) page.