

DECK BLOCKS
with JENNI LYNN PATTERSON LACOUR

PRESENTED BY
S'WET
BY JENNI LYNN FITNESS

WARM UP MOVES

DECK BLOCKS with JENNI LYNN PATTERSON LACOUR

S'WET
BY JENNI LYNN FITNESS

WARM UP MOVES:

KNEE HIGH JOG

DECK BLOCKS with JENNI LYNN PATTERSON LACOUR

S'WET
BY JENNI LYNN FITNESS

WARM UP MOVES: **S'WET**
BY JENNI LYNN FITNESS

HEEL HIGH JOG

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES: **S'WET**
BY JENNI LYNN FITNESS

WIDE LEG JOG

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES: **S'WET**
BY JENNI LYNN FITNESS

**ALT POSTERIOR
HEEL REACHES**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES:

S'WET
BY JENNI LYNN FITNESS

TIRE JOG
(IN/OUT)

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES:

S'WET
BY JENNI LYNN FITNESS

ALT FRONT
KARATE KICKS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES:

S'WET
BY JENNI LYNN FITNESS

ALT PUNCHES

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES:

S'WET
BY JENNI LYNN FITNESS

TUCKS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES:

S'WET
BY JENNI LYNN FITNESS

TIRE JUMPS
(UP & OUT / OUT TO IN)

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

WARM UP MOVES:

S'WET
BY JENNI LYNN FITNESS

CROSS COUNTRY SKI

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

S'WET
BY JENNI LYNN FITNESS

CONDITIONING MOVES

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

CONDITIONING MOVES: **S'WET**
BY JENNI LYNN FITNESS

SPEED SKATE

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

CONDITIONING MOVES: **S'WET**
BY JENNI LYNN FITNESS

GROUNDED BICEP &
TRICEP FLEX/EXT

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

LEVEL II JUMPING JACK LEGS

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

WIDE RUN WITH ALT HOOKS

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

BALLET JUMPS (ADDUCTORS)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

**GROUNDED TRANSVERSE
BREASTROKE ARMS**
(PUSH WITH BACK OF HAND)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

**LUNGE STANCE WITH 90°
ROTATING / TRANSVERSE ARMS**
(SWITCH LEAD LEG)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

CC SKI'S IN THREE
(SCISSOR KICK)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

**CC SKI WITH 90°
ROTATING / TRANSVERSE
ARMS**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

CONDITIONING MOVES: S'WET
BY JENNI LYNN FITNESS

**POPS &
VERTICAL JUMPS**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

S'WET
BY JENNI LYNN FITNESS

BOOT CAMP MOVES

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

HIGH KNEE RUN WITH
PUNCHING ARMS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

ALT FRONT & BACK
KARATE KICKS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

4 LAND TEMPO JABS

2 WATER TEMPO HOOKS

4 WATER TEMPO UPPERCUTS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

**SIDE-TO-SIDE
KARATE KICKS**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

**LEVEL III SIDE-TO-SIDE
SHOOT THROUGHS**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

**POWER JUMPING
JACKS**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

LEVEL III CROSS
COUNTRY

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

STAR JACKS
(ABDUCTORS)

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

LEVEL I CROSS COUNTRY
WITH KNEE TUCKS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

BOOTCAMP MOVES

S'WET
BY JENNI LYNN FITNESS

LEVEL III FRONT-TO-BACK
SHOOT THROUGHS

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

S'WET
BY JENNI LYNN FITNESS

FUNCTIONAL MOVES

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

FUNCTIONAL MOVES

S'WET
BY JENNI LYNN FITNESS

BICYCLE LEG STEPPER
(SWITCH SIDES)

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

FUNCTIONAL MOVES S'WET
BY JENNI LYNN FITNESS

**SQUAT WITH BILATERAL
SHOULDER FLEXION
(BOX LIFT)**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

FUNCTIONAL MOVES S'WET
BY JENNI LYNN FITNESS

**JUMPING JACKS WITH
KNEE TUCKS**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

FUNCTIONAL MOVES S'WET
BY JENNI LYNN FITNESS

**GROUNDING SPINAL
ROTATION**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

FUNCTIONAL MOVES S'WET
BY JENNI LYNN FITNESS

**SIDE-TO-SIDE
SQUATS**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

FUNCTIONAL MOVES S'WET
BY JENNI LYNN FITNESS

**LUNGE STANCE WITH
ARM SWINGS
(SWITCH LEAD LEG)**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

FUNCTIONAL MOVES S'WET
BY JENNI LYNN FITNESS

**POWER CROSS
COUNTRY**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

FUNCTIONAL MOVES

S'WET
BY JENNI LYNN FITNESS

**SIDE-TO-SIDE
RUNNING**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

FUNCTIONAL MOVES

S'WET
BY JENNI LYNN FITNESS

**ALT LUNGE WITH
OPPOSITE ARM SWEEPS**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

FUNCTIONAL MOVES

S'WET
BY JENNI LYNN FITNESS

**POWER MOGULS
(SIDE-TO-SIDE)**

DECK BLOCKS with JENNI LYNN PATTERSON LAOOUR

S'WET
BY JENNI LYNN FITNESS

COOL DOWN MOVES

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES **S'WET**
BY JENNI LYNN FITNESS

**WIDE LEG JOG WITH
RELAXED FIGURE-8
ARMS/WRISTS**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES **S'WET**
BY JENNI LYNN FITNESS

**REACHING SIDE
STRETCH
(OVERHEAD / BOTH SIDES)**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES S'WET
BY JENNI LYNN FITNESS

LEVEL II JUMPING JACKS WITH RELAXED ARMS

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES S'WET
BY JENNI LYNN FITNESS

WIDE STANCE SPINAL ROTATIONS WITH BREATH (PIVOT OFF TOE)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES S'WET
BY JENNI LYNN FITNESS

LUNGE / CALF STRETCH (SWITCH LEGS)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES

S'WET
BY JENNI LYNN FITNESS

DANCERS POSE
(BOTH LEGS)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES

S'WET
BY JENNI LYNN FITNESS

CHEST OPENER
(STATIONARY OR CIRCLING)

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES

S'WET
BY JENNI LYNN FITNESS

FIGURE 8 HIP
ROTATIONS

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES

S·WET
BY JENNI LYNN FITNESS

**FIGURE 4
HIP STRETCH**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR

COOL DOWN MOVES

S·WET
BY JENNI LYNN FITNESS

**INHALE OPEN / EXHALE CLOSE
SPINAL FLEXION & EXTENSION**

DECK BLOCKS with JENNI LYNN PATTERSON LAGOUR
