

This is the recommended pace of TWO practice sessions per WEEK,  
but you can go faster if you wish.

		PRACTICE 1	PRACTICE 2
MODULE 1-3 30-60min per practice	WEEK 1 (NO POLE)	<i>(ONLY WATCH)</i> <b>Intro (04:24)</b> <b>Start here</b> The Mind-Body Connection (03:14) The Key To A Fluent Body (07:14) The Naturally Confident Dancer (08:32)	<b>Key Dance Techniques</b> Posture (08:00) Contract-Release (07:33) Spinal Undulations (22:16)
	WEEK 2 (NO POLE)	Flatback & Co. (09:22) Squats & Twists (18:50)	Leg Extension (31:12)
	WEEK 3 (NO POLE)	Balance (25:43) <i>Optional: Off-Pole routine (22:46)</i>	<i>Optional: Repeat "Balance" or another challenging technique</i> <b>Off-Pole routine (22:46)</b>
MODULE 4 60-90min per practice	WEEK 4 (POLE)	<b>Pole Routine (ONLY WATCH)</b> Learning Choreos (21:29) Preview (04:02)	Off-Pole routine (22:46) Basic Breakdown (41:35)
	WEEK 5 (POLE)	Off-Pole routine (22:46) Basic Breakdown (41:35)	Bonus: Cleanup (17:28) <i>Practice the choreo on your own</i>
MODULE 5 60-90min per practice	WEEK 6 (DAY1 NO POLE DAY2 POLE)	<b>Head</b> Coming up next (01:37) Technique Head (32:28) <i>optional Off-Pole routine (22:46)</i>	Off-Pole routine (22:46) Choreo Development (36:54)
	WEEK 7 (DAY1 NO POLE DAY2 POLE)	Technique Head (32:28) Off-Pole routine (22:46)	Off-Pole routine (22:46) Choreo Development (36:54)
MODULE 6 60-90min per practice	WEEK 8 (POLE)	<b>Arms &amp; Hands</b> Technique Arms & Hands (49:06) Freestyle Arms (20:38)	Off-Pole routine (22:46) Choreo Refinement (30:43)
	WEEK 9 (POLE)	Technique Arms & Hands (49:06) Freestyle Arms (20:38)	Off-Pole routine (22:46) Choreo Refinement (30:43)
MODULE 7 60-90min per practice	WEEK 10 (DAY1 NO POLE DAY2 POLE)	<b>Legs &amp; Feet</b> Technique Legs & Feet (59:35)	Off-Pole routine (19:35) Choreo Refinement (48:11)
	WEEK 11 (POLE)	Technique Legs & Feet (59:35) Freestyle Legs & Feet (35:36)	Off-Pole routine (19:35) Choreo Refinement (48:11)
MODULE 8 60min per practice	WEEK 12 (POLE)	<b>Make It Your Own</b> Technical Cleanup (41:08) Flow Principles (28:00)	Be The Choreographer! (21:20) What's Next? (03:41)