

On The Go:

4 Weeks | 3 Sessions per week | 24 Videos | Int

With a stacked schedule it can be a challenge to keep fit. With this 4 week program, we've got you covered! In sessions that are 40 minutes or less, you'll get an intermediate level quick and easy fitness check in. Great to do alongside regular practice, to prepare for an intensive, or to do all on its own.

This program features three 30 - 40 minute sessions of mix and match Datura Online classes per week. Feel free to shift it around to whichever three days work best for your schedule.

Designed to build muscle and endurance, you'll alternate working on the lower body, torso, and upper body each week. You'll also get small doses of yoga, Pilates, and cardio training to round out your practice.

The entire program was also designed to be a tune-up tool in a dancer's training kit, repeated over time whenever you need a boost. So if you love this program and you feel incredible when you use it, by all means, start over at the beginning when you're done! As with any fitness program, check with your doctor if you have any concerns before beginning and take it at a pace that is safe for you.



ON THE GO PROGRAM OVERVIEW

ON THE GO : WEEK 1			
Session 1 (32:40)	Standing Warm Up	Built: Lower Body Strengthening Spotlight	Cool Down for the Lower Body and Spine
Session 2 (39:18)	Cute Cardio Combo Warm Up	The Choo Choo Shimmy	Short Full Body Cool Down
Session 3 (35:02)	Raq It: Routine # 1		

ON THE GO : WEEK 2			
Session 1 (29:34)	The Eagle Shame Warm Up		Power Shimmy Session
	Post Shimmy Cool Down		
Session 2 (30:17)	The Dancing Tree Warm Up	Ab Warm Up + Conditioning: #2	Finishing Practice for Flexibility and Relaxation
Session 3 (29:50)	Cute Cardio Combo: "A"		

ON THE GO : WEEK 3		
Session 1 (25:53)	Pilates Conditioning and Warm Up	Basic Short Yoga Sequence
Session 2 (27:24)	Conditioning and Releasing (pt 1)	Cool Down and Stretch 2
Session 3 (34:31)	Raq It: Routine # 2	

ON THE GO : WEEK 4

Session 1 (30:21)	A Strong Warm Up for Belly Dance	Ab Conditioning + Warm Up: #1	Short Full Body Cool Down 2
Session 2 (24:39)	Yoga Preparation for Grounding and Centering		
Session 3 (34:52)	Cute Cardio Combo: "B" with Ashley		