

CRAZY TRAIN

4 Weeks | 5 Sessions per week | 43 Videos | Int/Adv

This challenging 4 week program is *packed* with conditioning for the advanced dancer, or the ambitious intermediate, looking to give a serious boost to their technique and stamina. Not for the faint of heart, you better be ready to ride the Crazy Train. Fitness and fun...full speed ahead!



This program features *five*, yes five, sessions of mix and match Datura Online classes per week. Feel free to pick whichever five days work best for your schedule. Each of these D.O. sessions will run between approximately 1.5 and 2 hours.

This program is designed to build muscle and endurance alongside technique. You will be working with some classes, like Ashley Lopez's "Built for Belly Dance series", multiple times to build healthy patterns and really get the maximum benefit from the training. You'll also get a great array of combos that are different each session.

The entire program was 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! You can rent classes individually, or subscribe to access all classes in this program for one low price.

CRAZY TRAIN PROGRAM OVERVIEW

CRAZY TRAIN : WEEK 1					
Session 1	Prioritize What You Love	Yoga-Pilates Flow: #1	Power Shimmy Session	Shimmy Queen: Combo #1	Cute Cardio Combo: "A" with Ashley
Session 2	Built: Upper Body Conditioning Workshop	Balkan Traveling Combo		Cool Down and Stretch 2	
Session 3	Yoga-Pilates Flow: #2	Shimmy Layers		Cute Cardio Combo: "B" with Ashley	
Session 4	Built: Torso Conditioning Workshop	Pinball Scale		Yoga for Lateral Bending	
Session 5	Built: Lower Body Conditioning Workshop	Zil Drill Spotlight # 2		The Sharki Step Advanced Layers	Cute Cardio Combo: "C" (CUT)

CRAZY TRAIN : WEEK 2					
Session 1	Giving Your Best	Yoga-Pilates Flow: #1	Power Shimmy Session	Shimmy Queen: Combo #2	Cute Cardio Combo: "A" with Ashley
Session 2	Built: Upper Body Conditioning Workshop	The Waggle Shimmy	Nimble Feet Combination	Cool Down and Stretch	
Session 3	Yoga-Pilates Flow: #2	Power Shimmy Session	Shimmy Queen: Combo #3	Cute Cardio Combo: "B" with Ashley	

CRAZY TRAIN : WEEK 2

Session 4	Built: Torso Conditioning Workshop	Side to Side Undulation	Yoga for Lateral Bending	
Session 5	Built: Lower Body Conditioning Workshop	Zil Drill Spotlight # 2	The Choo Choo Shimmy	Cute Cardio Combo: "C" with Ashley

CRAZY TRAIN : WEEK 3

Session 1	Heart Throb: Cardio Conditioning + Belly Dance Drills	Hip Skillz: Layering Hipwork, Arms, and Footwork	Cool Down	Speaking the Language
Session 2	Built: Upper Body Conditioning Workshop	The Hagallah Combo		Cool Down & Stretch
Session 3	Heart Throb: Cardio Conditioning + Belly Dance Drills	Spins, Flutters, and Belly Rolls: Belly Dance Flow Fundamentals		Cool Down
Session 4	Built: Torso Conditioning	Shoulder Shimmy & Shoulder Shimmy Layers	Overshimmy Combo	Yoga for Lateral Bending
Session 5	Built: Lower Body Conditioning Workshop		Layercake: Crazy Delicious Layering	

CRAZY TRAIN : WEEK 4

Session 1	Belly Dance Flow Drills		Your Body's Language	
Session 2	Built: Upper Body Conditioning Workshop	Scales: Slovenia Slam	Basic Short Yoga Sequence	
Session 3	Belly Dance Flow Drills			
Session 4	Built: Torso Conditioning Workshop	Scales: Down Hip	Balkan Spins Combination	Yoga for Lateral Bending
Session 5	Built: Lower Body Conditioning Workshop	Zil Drill Spotlight # 2	Hip Work Combination	Yoga Cool Down