

Training Journal

Date: _____

Training Duration: _____ min

Dances trained	Principles trained	Training components
☐ Waltz	☐ Posture & hold	☐ Warm-up
☐ Tango	☐ Spatial movement	☐ Technique
☐ Viennese Waltz	☐ Rotation, turn & positions	☐ Cool-down (stretching)
☐ Slow Foxtrot	☐ Sway & lateral shift	☐ Strength training
☐ Quickstep	☐ Extension & sagittal inclination	☐ Endurance training (finals)
	☐ Shape	☐
	☐ Leading & contact	☐
	☐ Tango principles	☐

Main focus of the session & notes

Questions for the next private lesson

Date: _____

Training Duration: _____ min

Dances trained	Principles trained	Training components
☐ Waltz	☐ Posture & hold	☐ Warm-up
☐ Tango	☐ Spatial movement	☐ Technique
☐ Viennese Waltz	☐ Rotation, turn & positions	☐ Cool-down (stretching)
☐ Slow Foxtrot	☐ Sway & lateral shift	☐ Strength training
☐ Quickstep	☐ Extension & sagittal inclination	☐ Endurance training (finals)
	☐ Shape	☐
	☐ Leading & contact	☐
	☐ Tango principles	☐

Main focus of the session & notes

Questions for the next private lesson
