PURE NEWS

BERRY NICE SWIRL RECIPE

Prep Time: 10mins

Ingredients: (makes 4 x small servings)

- 2 Bananas
- 1 cup Raspberries
- 1 cup Strawberries
- 1/2 cup Coconut Milk

Instructions

- 1. The night before... Peel and freeze 2 Bananas, 1 cup of Raspberries & 1 cup of Strawberries
- 2. The day of... Blend frozen Bananas, Raspberries and Strawberries adding a dash of Coconut Milk until smooth and creamy.
- 3. Enjoy straight away creamy sorbet!



Viral edition #3

ONLINE FLEXIBILITY **COMPETITION:**

Who has been stretching at home? We're looking for the most creative & improved flexy photos!

It could be your heel stretch / scorpion / needle / leg or back flex - we can't wait

Submit your photos by Wednesday 6th May. Post them to Instagram or send them privately to your coach, tag @pure allstars and go in the running to win a prize for when we return!!!

REMINDER

Left, Right & Middle Splits photo competition from Viral News Edition #2 is still going.

Most committed to their improvement wins a long sleeve shirt when we start back!

ONLINE INSTAGRAM LIVE CLASS WITH CHEER CHOREOGRAPHER BEN LEAR FROM MIAMI

Although Ben can't be in Australia right now to work with our Pure Allstars Cheer Teams, Ben is a special guest Choreographer on the Infinity Shoes Instagram Live this week!

Tune in on Instagram to @NFINITYSHOES at 7am Saturday 25th April (5pm Miami time!) to have an early morning dance with Ben Lear!

ONLINE DANCE CLASS WITH YOUR COACHES

Our coaches have put together a warm up & some mini dance class/choreography videos for you to try at home. Cheer / Hip Hop & Lyrical choreography for you to have some fun! All available via:

https://www.dropbox.com/sh/me1lgjantdgdnnc/AAANIpYCTXZXdNCUaKCgdegoa?dl=0

AT HOME ACTIVITY - PURE ALLSTARS WORD SEARCH

DWNNCHXVBNCGVVJNWDAFNOFTMUPCHTFVNJ LX I A OCSY LLD Q Z T N I F Z V C W P P E Z Z W S F D U U I H H R I O C U U E E B Q S S X S V A B H Q O Q P C O Q G B Q X U A P E J K A N S U P F M A R N S M U E C R P V K N P G C U J F K D U S O F O D E W G P R Z S L N U Y T T F A P S T F V P E F E D H R Q B N Z K S F P E F T Y K O G RXUNWIXKZMTBCFODGVHDCAMJFAYAKVYDALFIXBOXLKOKD H W U R U V B K I U I V N K T O N P K H N N T H V P O M R V A Q O Y Y Q R G H A T J R H M Z B T H W H H J Q X T M B A A Q Z U B B F O D W R K Q I K J P V S H D E S I R E U Q I R L F P N I N D F H Y S N A M A N Z X N B Z N J V O P K D M E M L O O A J S L S V F X R U D K U G N J M Z I T B B W U H S D H Y R O O Y M D A C J I M Y S C A G U Q O F E F F M C H K D MCEWWUAVYRIWUQYIKMNZQYIMSXBKEVILKWLYTZEANEUJZ V P Z V L G S M U L D J A T X B Z Z N W J N Z F J O L X E O M A E B Z X T S L Y K C B E Z M L M N V Y K Q X G V A M S K G A H N K M K E V L G U E Q K N H H H C K L G U N U M O Q W O M Q N I Z E A D C N C W B I X I T X L E W K W T F J L K F B L Z I T H U Q S W B E T T G F V J K E C N S B O K H B C D L P V M G G V A P Y U K U A A V S K P V O Q C T V S B W X B EZC | GEOS DR J G N G K H T K J J X H B R M H R B | Z K Z Y T P K B Y R R U O H F K C P W K T E J E Z R R F U R R J J R E K M V G V O A A T M E Z Y D U R X G N E K Z V R X C CSDIHMDGYQZOUXVDSFJCNEJXPDZJWRYJIYTUCWTSMAMOU O P M Q U H J V L W O Q M S H J V E V L U W M A W Y O E N V M D R V A M O Z C V B F D O L A V R Z D X M D R A Z U G J M A C F L T K W H U P V X A M L X E G N N P H P H W J K O K Y BIQVQDEJFMXIBLACKMAGICPZASGEPRBPRFRSSHOKDWYXA LQKSYKDJRCAYRDEDOPYLSEKDLLRLEQESOELGLSFLASHNL J D K Q D K J S S L X L X Y B U W N O J C Z D W Y I U F N R T O C Q E H G V T X D I E T C OSLUNIACVTHQLRLCCWLEXHABFSUERKOPLZUHPQUILVIAT A V X R U T A T W D U K R A P S O P B W W L P K D S N Z J J L H X H L N C Z Z H J J J S W A S L P L K C X C L G N D B Y Z H L C O K T E L U Y L R Q Y R L F K C F E Q J S G P U H N H S Z H P F D K A A W Y T Z D H N D S O E H R M L Y G U L L W E L E W N Y K E C S B A M X A K I F C I K C Q Z C S J E E Y F G V K T O F R B Q Z Z L V V U B P V K M W E O U S L D O MXEXAEGIGLMRKWRCUEXVWEEXAYCXRKHNFIAHKCOOGOEIT MRNYFJTNOFDFAIAIRRJDRBCGGXSMYNNOEZZSMUQTHMBTA E E Q U D H F V N T S A M R J X G P U S I Z T G K J C U B Z Y O U O S C P M Q T E Z L J D FFERPCEJSKPLTXIXLGFQYEIGHGYCYSEBZNDLYBITMSLGS RSVFKTQETETIRHYQIUEIVWUEDAFGPTXSIFRXXDFMPAELI J U W R Q F Q L D E H U I G J F O A H Q C N F J J E G Y P J S E V L V U A L X A Z S M D U QBHUNXGQDAJIHXSFNCHLIPAETPKRNAPJTEIJJRFNYLJBX I V D X F G V G P E N A P G J T S L K J H L O A W D M P C Y L T U O V T Z M U Y R L Y X T W X C R J E Y M F G H J L G F L R G W H I T E M A G I C R W T Y D Q U N S W S G R A O G G V Z M N V L S H P R O S X M X A L C Q X D U E B Z S W A W W C C A Y T C E B I I I J X G X Q U A N O L N F T E X Y W Z Q G A T J N A G N O C I F M R S R R O J P X P H U F Y P K B E S LSOKINLMOLYUREBVMTJPTFTQHUENZNJVZUSWVGGWKPRNZ QMAI UW J P W C A A F E X Z Q N J L F I W K I M N R O H X N V J A S O J V F O R Y M PYPEKSY | FFXKMFQKACFAAPCS | BLUAHPBQEO>GENCLORC TJFFRNNMLQWPURMJFXTTBOOREEEMTQSLCOPLULZISBPS P I N S Q O F S A H Z O E B C A J Z T B E N W H X L Z O B M Z D E Z L F D H F K R X A F WNAAJTLEOYROWGUNUSKLFXTUE>>COOSPHKCHUUNSTOWQ LKT LEEN GC J R Z B L C Y T L D A M N C D C H X J F B R R V O G S Y K W Z B D C X

PURE
ALLSTARS
CHEER
DANCE
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TESS
JAS
LYRICAL
POM
FOUETTE
WALKOVER
STRETCH
TOETOUCH
TOETOUCH
PERFECTION
WORLDS
FLASH
DESIRE
CARTWHEEL
SPLITS
MATRIX
WHITEMAGIC
BLACKMAGIC
LADYLUCK
LADYCLOVERS
POWER
SPARK
RAGE
REVENGE
JINX
GGS
GLAMOUR
PYRAMID
STUNT
LEAP



