

Term 2 Progressing Ballet Technique Virtual Program

For some muscle groups within this program I have included two options to give you some choice as to which exercises you would like to undertake. I recommend that you change up your choices quite frequently to maintain variety because the exercises will not target the exact same muscles. Your body will also adapt and that is why I have at times included a harder difficulty to cater to the differing strengths and age groups in the PBT class.

- L1: Standard option
- L2: Advanced option

Remember any unusual or bad pain, **STOP** immediately and **avoid** that exercise in the future. If pain persists, consult a medical professional.

Warm-up:

Exercise	Number of Repetitions	Corrections
<p><u>Part 1</u></p> <ol style="list-style-type: none"> 1. Find neutral pelvis 2. Spinal roll down, hug around legs, hold for 10 seconds, roll back up 3. Repeat step 2 4. Rise up in parallel, arms in first and balancing with your eyes closed for 10 seconds, resist and pull up as you lower 5. Spinal roll down, crawl out to pyramid, hold for 10 seconds 6. Extend one leg to penche, back to plank x 4 7. Repeat penche sequence with other leg 8. Into plank, lowering 3, 2, 1 and pull through to cobra x 4 9. Step one leg through to lunge, open arm to ceiling and tap elbow on the ground sequence x 4 10. Into hamstring dynamic stretch sequence, lowering body to leg 3, 2, 1 pull through to hip flexor stretch x 4 11. Repeat steps 8-10 (9&10 with other leg) 12. Lunge sequence: 4 x flat, 4 x rise, 4 x jumping, 15 x pulses in lunge position 13. Repeat step 12 on other side 	<p>If you want to increase the difficulty of your warm-up you can add reps where you deem necessary e.g. 6 penche to planks instead of 4. Just ensure what you do for one side you do for the other.</p>	<ul style="list-style-type: none"> - Please spend time finding your neutral pelvis, remember this is the balance between tucking and sticking your bottom out where your spine should be flat - Spinal roll cues: begin tucking chin to chest, go through each vertebrae, hollowing out your stomach and curving your spine as much as you can - Remember to slightly relax your knees to relieve your back of any strain - Make sure every time you return to parallel standing you are lengthening out of lower back and engaging your abdominal muscles, closed ribs - Parallel, spread weight evenly between big toe, little toe and heel to prevent rolling - Standing hip-width apart - Correct alignment of feet during balance, don't sway onto your little toes and sickle - In cobra, keep body off the floor, pull up out of your shoulders

Abdominals: To increase difficulty minimise breaks in between exercises e.g. no break or 5-10secs

Exercise	Number of Repetitions	Corrections
Plank	L1: 1.30-2mins L2: 2.30-3mins	Every couple of seconds recheck your form. Are you in a straight line? Are your shoulders down? Are your arms underneath your shoulders? Are your knees straight? Are you engaging your abdominals?
Commandos/Up, up, down, down	L1: a) 12 without any push-ups b) 10 push-up every second one L2: a) 12-15 with push-up every second one b) 10-12 with push-up every time	Try to minimise/eliminate any movement of the hips, do this by placing your hand directly under your shoulder socket in the up phase of this exercise.
Leg lowers -3 counts to lower, 3 counts to come up Variation: -You may want to add beats with the legs but only do this once you have mastered the correct engagement of the deep abdominal muscles.	x 8-10 (1-2 sets)	Only go as far as you can go whilst not hyperextending your lower back. For this exercises in particular your stomach will naturally want to use your external abdominal muscles and your stomach will bulge so it's vital that you think of the belly button touching the spinal column to try flatten out that stomach.
Side plank, hip dips and leg lifts	L1: 45 second hold, 10 hip dips, 10 leg lifts L2: 1 minute hold, 12 hip dips, 12 leg lifts OR Add bosu or extend the top arm above you and hold ankle weight/very small dumbbell	For extra balance place top leg foot in front or to make more difficult place feet on top of one another. Just like standard plank you are trying to keep a straight line do don't allow your hips to drop down. Keep your head in line and don't allow top hip to sway forward or back.

Turnout/external rotators:

Exercise	Number of Repetitions	Corrections
Clams with TheraBand	L1: 20 opens, 15-20 second hold, 15 pulses (halfway) L2: 25 opens, 25-30 second hold, 15 pulses (halfway)	Is there a gap underneath your side? Are your heels in line with your bottom? Is your top hip stacked directly on top of your bottom hip or is it swaying forward or back? Tip: Every time you open the leg think of pushing top hip forward to counteract this movement.

Glutes Bring legs to 90 degree position	L1: 20 opens, 15-20 second hold, 15 pulses (halfway) L2: 20 opens, 15-20 second hold, 10 open, extend with flexed foot, return to bent position, lift higher and close	Is there a gap underneath your side? Are your knees in a 90 degree position, knees should be in line with hip bones.
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Upper legs

Exercise	Number of Repetitions	Corrections
Hamstring bridges Pilates ball between knees, squeeze to engage adductors Variation (advanced): Add swiss ball or bench	L1: 20 double leg, 10-12 single leg L2: 25 double leg, 12-15 single leg	Think about pressing big toe into the ground to engage whole inside of leg. You must actively engage hamstring muscle by thinking of drawing heels into your bottom. Don't hyperextend your back.
Inner thighs With or without weight, listen to your own body. Don't overload yourself too soon. Progress slowly with caution. Very advanced: Add bosu or increase weight	L1: On ground: 20 lifts, 8-10 circles each way, 8-10 incremental lifts (S, M, L + lower) On bench: 20 lifts, 10 second hold, 15 pulses L2: On bench, 20 lifts, 15-20 second hold, 5 circles each way OR 15-20 pulses	Gap underneath your side when lying on ground, flexed foot, and working leg in line with upper body. On bench, maintain even hips and don't let bottom stick out.
Beating Lying on back, legs extend directly above hips in first position	L1: 10 slow, 10 counts as quick as you can x 3 (2 sets, break, last set) L2: 10 slow, 10 counts as quick as you can x 3-4 (no break)	Approach this exercise with gusto, really push yourself to maintain the attack when beating. Pass through first every time, don't beat forwards and backwards.

Back and Arms

Option 1:

Exercise	Number of Repetitions	Corrections
Standard upper back lifts Upper back lifts with port de bras (Lift up, arms to fifth, arms to second, arms to firth, arms to forehead and lower)	L1: x 10 L2: x 15 L1: x 10 L2: x 15	Trying to minimise/eliminate any activation of your lower back and bottom. Keep head in line with spine, looking at mat as you lift.
Lower back lifts Place feet under couch or someone holding back of calves.	L1: x 10 lifts, swan arms x 5, 10 second hold L2: x 15 lifts, swan arms x 5-8, 15 second hold	Don't break neck, keeping head in line with spine. Think of toothpaste lengthening out to go up just like a backwards port de bras.
Swimming	10 slow, 10 counts as quick as you can (no break in between sets)	Keep head in line, looking at mat.

Option 2:

Exercise	Number of Repetitions	Corrections
Tricep dips on bench	L1: x 10 and 10 pulses (2 sets) L2: x 15 and 15 pulses (2 sets) Advanced: Straight legs	Pull out of your shoulders as you push back up.
Theraband pull downs	15 pull downs, 15 pulses (from horizontal position, pulsing halfway up and then back down)	As you lift your arms pull your shoulders down to resist.
Arabesque lifts Lift off a surface such as your barre or chair OR ask someone to assist you.	L1: 12 lifts, push up, 10 second hold L2: 15 lifts, push-up, 15 second hold	Shoulders square, stretch and lengthen leg away from you as you lift, bring leg to your back as you lift. Don't allow your back to drop every time you lift. Make sure your leg is directly behind you. Don't pull off your leg as you lift.

Feet and calves:

Exercise	Number of Repetitions	Corrections
Dependent on access to equipment: Using pilates ball: Using theraband: Both:	15 calf activations, 15 metatarsals 15 full point, 15 metatarsals 15 doming, toe push-ups (10 big toe, 10 second toe, 10 remaining toes)	For both ball and theraband, try your best to lengthen your toes rather than letting them crunch. Watch the alignment of your foot intently, maintain a straight line with the inside of your foot to ensure you are not sickling or fishing. Count, go slowly, especially for therabands. Resist on the way up don't let the theraband flick your toes up.
Calf rises	L1: x 16-20 each leg (2 counts up, 2 counts down) L2: x 24-30 each leg (2 counts up, 2 counts down)	Foot parallel, pulling up your knee, going straight up not swaying towards the barre, ONLY ¾ POINTE. Think of actively engaging your calf muscle. Apply the calf activation feeling from the last exercise in this exercise.
Bunny hops (I still need to teach you these)	L1: 10 turned in, 10 turned out per leg L2: 12-14 turned in, 12-14 turned out per leg	Preferably done in front of mirror so you can watch the alignment of your knee as you plie. Land and deepen the plie further before your take off pushing your heel into the ground as you jump to avoid a popping heel.

Extensions: Remember to be careful to not overdo it, especially anything that really utilises your hip flexors. This is a temperamental muscle group so if they start to feel overly fatigued it is okay to rest and to pass on these exercises on that day. Choose to stretch out instead and increase flexibility as this will also aid with your extensions.

Exercise	Number of Repetitions	Corrections
Leg mounts	Mounting leg in each position and holding for 10 seconds. Increase the time as it becomes easier.	Remember be careful of your alignment in your mounts. Square, turned out positions.
Standing retire lifts for developpe in second	x 10 each side	Think of activating your hamstring to draw your knee up as ideally you don't want to over rely on the hip flexor.
Attitude exercise at barre	Place your lower leg on the barre in an attitude derriere, fondu, stretch x 3, rise, lower, lean back and stretch, recover, pivot taking leg off the barre and holding for 10-15 seconds.	Watch the alignment of your leg and ribs. Also, look at the shape of your attitude position, is it too short?
Floor barre developpes devant and devant stretches	Starting in fifth position lying on your back draw your top leg up to a retire position, extending the lower leg first, extend to a developpe devant and imagine someone pulling your leg away from you to lengthen as you lower back into fifth. Repeat x 3, on last time before lowering pull your leg into you and take a stretch for 10 seconds, try hold it in your higher position and then lower down. Repeat in reverse, hence an enveloppe rather than a developpe.	Think about your turnout constantly, maintain even hips don't let your working leg hip open. I recommend holding both of your hip bones down as you did in all of your hip stability exercises.