

Foot Arch Flexibility

- 4 x 30 seconds hold each foot (alternating)

Ballet Leg Training

Metronome Speed: 60 BPM

8 counts moving; 4 counts hold

1 round = 2 x each leg (alternating)

- 4 rounds (total- 8 each leg)
- 20 seconds rest in between each round

Leg Strength Training

Metronome Speed: 60 BPM

4 counts moving; 2 counts hold

1 round = 8 x each leg

- 4 rounds (total- 32 each leg)
- 15 seconds rest between after round 2 only

Partner Ballet Leg Training

Metronome Speed: 60 BPM

8 counts moving; 4 counts hold

1 round = 2 x each leg

- 4 rounds (total- 8 each leg)
- 20 seconds rest in between each round

Middle Split Flexibility

- 2 x 30 seconds hold
- 4 x 15 pike to middle split (fast+sharp)
- 2 x 12 pulses

Abs and Abductor Exercise

- 2 x 20 second hold Hollow Body Position
- 4 x 10 Closed Legs to V Position
- 15 seconds rest between sets

Chest Press

Metronome Speed: 60 BPM

- 2 x 15 Slow- 4 counts out; 2 counts in
- 2 x 15 Sharp- 1 count out; 1 count in
- 20 second hold at end of each set
- 15 seconds rest between sets

Row Pulls

Metronome Speed: 60 BPM

- 2 x 15 Slow- 4 counts out; 2 counts in
- 2 x 15 Sharp- 1 count out; 1 count in
- 15 second hold at end of each set
- 15 seconds rest between sets

Lat Pulls

Metronome Speed: 60 BPM

- 2 x 15 Slow- 4 counts out; 2 counts in
- 2 x 15 Sharp- 1 count out; 1 count in
- 15 second hold at end of each set
- 15 seconds rest between sets

Posture Training

Metronome Speed: 60 BPM

1 count out; 2 count hold

- 3 x 15 repetitions
- 20 second hold at end of each set