

# 1 SESSION (40 to 60min)

## BALLET FLEXIBILITY AND WORKOUT (maintenance)

### 1. Arm and shoulders stretches for flexibility.

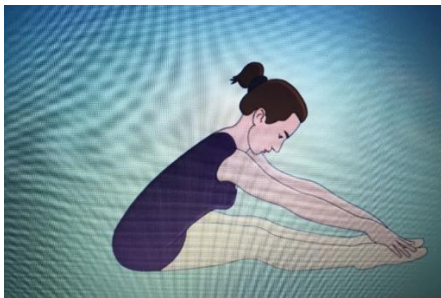
Watch video below and follow:

1. [https://www.youtube.com/watch?v=0fPanmOb\\_Os](https://www.youtube.com/watch?v=0fPanmOb_Os) – arm and shoulders stretching
2. <https://www.youtube.com/watch?v=tj6HUylc8Pw> – arm and upper body ballet workout

### 2. Stretch your hamstrings.

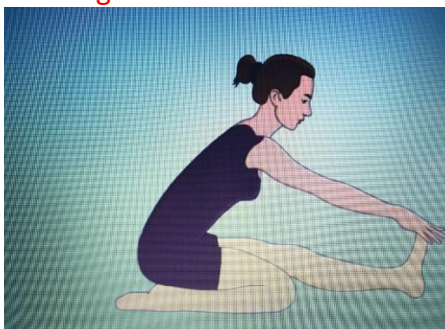
Sit on the floor with your legs extended in front of you. Touch your toes. If this hurts, then bend your legs slightly. **Hold this position for 15 seconds and repeat 6 times.**

- Stretch your hamstrings in a standing position by crossing your ankles and bending forward as far as possible. Keep your feet together during the stretch. Hold for 20 seconds and then repeat, crossing your legs in the other direction.
- Stretch your hamstrings by bending forward and placing your hands on the floor with your knees bent. Slowly straighten your knees without taking your hands off the floor.



### 3. Sit on your feet while in a kneeling position.

Straighten one leg out in front of you (still sitting on the other foot) and point your toes. Touch your toes with both hands. Hold for 20 seconds. Repeat with the other leg. **Repeat both legs 4 times each 20seconds.**



Watch video below for hamstring and hip stretching:

<https://www.youtube.com/watch?v=aD0JdYCWj-A>

#### 4. Ankle eversion exercise

See videos:

1. <https://www.youtube.com/watch?v=g-iXYapbugk> – English version (5min)
2. <https://www.youtube.com/watch?v=uyK9qO0TKDM> – Russian version but with English subtitles. (10min)

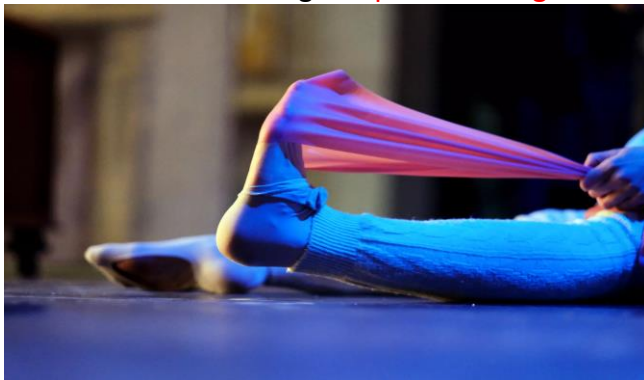
#### 5. Arches improvement

See video:

1. [https://www.youtube.com/watch?v=XSprc\\_eTYXo](https://www.youtube.com/watch?v=XSprc_eTYXo) – Russian version with English subtitles. 5 minutes each feet.

#### 6. Calf stretch with elastic band.

Stagger your feet with your right leg in front of your left. Keeping your left foot straight, bend your right knee, slightly leaning forward with your upper body. Hold the stretch for 15 seconds then switch legs. Repeat both legs 4 times each 15seconds.



#### 7. Feet and Arches improvement

Watch video below and follow:

1. [https://www.youtube.com/watch?v=XSprc\\_eTYXo](https://www.youtube.com/watch?v=XSprc_eTYXo) – Russian version with English subtitles. 5 minutes each feet.
2. <https://www.youtube.com/watch?v=tRvti1shV1I> – very good exercises for feet arches
3. <https://www.youtube.com/watch?v=2nh9fdJftCE> – feet exercises

#### 8. Standing High-leg Bent Knee/Straighten leg Hamstring Stretch.

1. Stand with one foot raised onto a table or wall as high as you can. Keep your leg bent and lean your chest into your bent knee. Push your hips forward and hold 20 seconds. Repeat with the other leg. Repeat both legs 4 times each 20seconds.



2. Afterwards, remain in the same position and straighten your leg as high as you can, lean forward with your chest, and remain in the position for 20seconds. Repeat with other leg. Repeat both legs 4 times each 20seconds.

3. Next, do all the same on the both sides with right and left legs. Repeat both legs 4 times each 20seconds with bend knee and straighten leg both.

### **9. Hip flexibility+turnouts**

Watch videos below and follow:

1. <https://www.youtube.com/watch?v=cfSwxPrBwsQ> – hip flexibility
2. <https://www.youtube.com/watch?v=729eHmRgroU> – turnout + hip strengthening
3. <https://www.youtube.com/watch?v=vG0TNnj3ylc> – turnouts improvement
4. <https://www.youtube.com/watch?v=hv-M0Oq9zlw> – turnouts and hips

### **10. Leg flexibility on the mat/floor**

Watch video below and follow:

1. <https://www.youtube.com/watch?v=VTMitMm14E0>
2. <https://www.youtube.com/watch?v=l6sgWVu3V2I>

*Enjoy and have fun! ☺  
Sara*