

## 2 SESSION (40 to 60min)

BALLET FLEXIBILITY AND WORKOUT (splits, back flexibility, balance)

### 1. SPLIT EXERCISES

#### **MONDAY:**

- **Straddle stretch:** Start seated on the floor, with legs open as far to the sides as your flexibility allows. Hold both hands on the both sides upon or on the floor, **hold for 1 minute, and try to sink a little lower with every exhale. Repeat 3 times through.** After try to reach your right feet with the left hand, **hold for 1 minute, and try to sink a little lower with every exhale. Repeat 3 times through.** After switch side to another leg and repeat the same.



- **Split stretch:** Starting on hands and knees, take a big step forward with left/right foot, and a big step back with right, with one hand on either side of left foot to frame it. Slowly slide left/right leg back, until you feel resistance in hips and thighs. **Hold for 15, 30 sec., or 1 minute, and try to sit a little lower with every exhale. Switch sides and repeat 3 or 4 times on both sides.**

#### **TUESDAY:**

- **Seated forward fold:** Sit on the floor with both legs straight in front of you, feet flexed. Hinge body forward with straight spine, reaching arms out. **Hold the forward fold for 15, 30 sec., or 1 minute, and then repeat 4 times through.** You can try different variations as it shown down on the image



- **Split stretch:** Starting on hands and knees, take a big step forward with left/right foot, and a big step back with left/right, with one hand on either side of left foot to frame it. Slowly slide left/right leg back, until you feel resistance in hips and thighs. **Hold for 15, 30 sec., or 1 minute and try to sit a little lower with every exhale. Switch sides and repeat 3 or 4 times on both sides.**

**WEDNESDAY:**

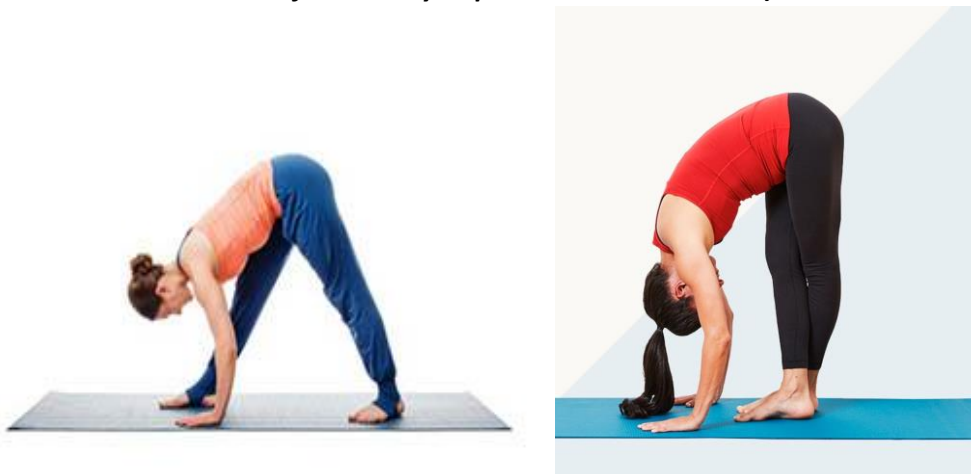
- **Butterfly stretch:** Take a seat on the floor and bring soles of feet together to touch in front of you. Allow knees to gently fall open, as you keep chest lifted and shoulders relaxed. **Hold for 1 minute at least, and try to push on your knees with both hands lower with every exhale. Repeat 4 times. IMPORTANT: do not round your spine while you bending down! (see image below):**



- **Split stretch:** *look up, same way.*

**THURSDAY:**

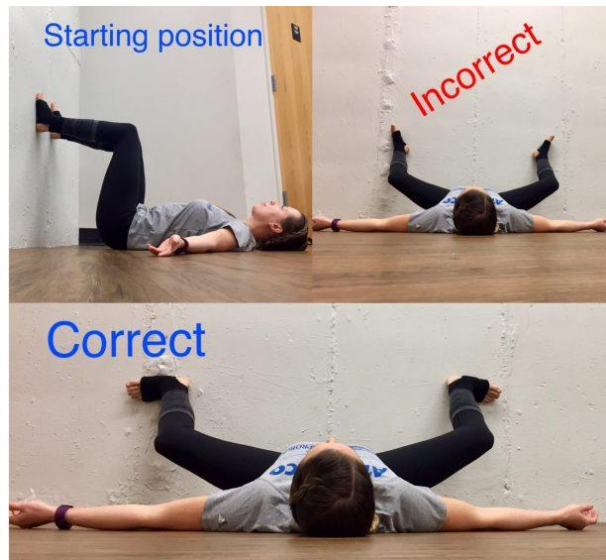
- **Standing hamstring stretch:** Start standing, and step right foot forward and left foot back, keeping both feet pointed forward. Slowly fold forward toward right thigh, keeping legs straight or with just a slight bend in the knee. **Hold for 30 seconds, and try to sink a little lower with every exhale. Switch sides and repeat both sides 4 times. (you can try the same with holding both legs together/cross legs and bend down to the feet and try to press chest to the knees).**



- Split stretch: *look up, same way.*

**FRIDAY:**

- Frog stretch: Starting on forearms and knees, begin moving knees apart slowly and with control, lowering hips and pelvis toward the floor at the same time until you find a point of slight tension. **Hold for 15, 30 sec., or 1 minute at least, and try to sink a lower with every exhale. Repeat the stretch 4 times.**



- Split stretch: *look up, same way.*

**SATURDAY:**

- Lying hamstring stretch (with band or without: Lie on back with knees bent, feet hip-width apart on the floor. Draw right knee to chest. Extend right leg straight, grabbing it behind the thigh or calf. To deepen the stretch, extend left leg long on the floor. Hold for 15, 30 sec., or 1 minute at least, and try to lengthen the leg and extend it lower with every exhale. Switch sides and repeat. **Repeat both sides 4 times.**



- Split stretch: *look up, same way.*

**SUNDAY:**

- Low lunge stretch: Starting on hands and knees, step left foot forward between hands, with left knee over left ankle. Extend left leg back and plant ball of left foot on the floor. Lift right knee off the floor a few inches. To deepen the stretch, lower onto forearms. **Hold for 15, 30 sec., or 1 minute at**

least, and try to sink in lower with every exhale. Switch sides and repeat. Repeat both sides 4 times.



- **Split stretch:** *look up, same way.*

### **VIDEOS:**

1. <https://www.youtube.com/watch?v=TU6wt8jMZGo> - 10min stretching routine.
2. <https://www.youtube.com/watch?v=cN0-1YuMwwI> – intense middle split stretching routine.
3. <https://www.youtube.com/watch?v=LpO5-k8zW9o> – flexibility stretch routine and tutorial

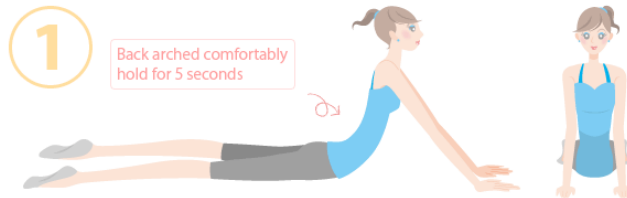
## **2. BACK STRETCH EXERCISES**

1. You must have a partner standing turn around and face the legs of the partner who is lying down on their stomach. The partner who is standing will bend down, grab their partner's legs/ankles, and walk them up. The partner who is lying down should now be in the form of a chest stand while their partner is holding up their legs in the air. **Hold on legs up for 15, 30 seconds at least.**
2. Holding a bridge position, and lowering your elbows to the ground. **Hold on in a bridge position for 30 seconds at least.**
3. Holding a bridge position and doing bridge rocks (where you stay in the bridge and simply rock front and back).
4. Sitting in a split and leaning back as far as possible. **Hold on leaning back 12 seconds at least. Repeat for both legs in split.**

5. Seal stretch. After holding a seal position for 30seconds at least, bring the feet to the head, or as high as your feet can go. **Hold for 10seconds each feet near to your head and put it down on the floor.**

### Doing the Seal Stretch ①

• From a position lying in the floor, slowly raise your upper body



### **VIDEOS:**

1. <https://www.youtube.com/watch?v=bTQ7JySrg2Y> – beginner’s back flexibility stretches.
2. <https://www.youtube.com/watch?v=2Qg04dZ41cM> – intermediate back flexibility stretches.
3. <https://www.youtube.com/watch?v=INclvxP5oFO> – advanced back flexibility stretches.

### **3. BALANCE EXERCISES**

1. <https://www.youtube.com/watch?v=fbfFQ2gdUQQ> – simple exercises.
2. <https://www.youtube.com/watch?v=siyijGrMBx0> – centre practice for balance
3. <https://www.youtube.com/watch?v=tIjiYeVKztk> – 3 simple exercises for stability and balance