



SUGARFOOT THERAPY

SFT BALLET STRENGTH

WORLD'S GREATEST STRETCH

10x on each leg

TRANSVERSE PIVOT LUNGES WITH KNEE DRIVE & HIP ROTATION

10x on each leg

3D QUAD STRETCH WITH 5-WAY ARM DRIVES

Repeat the sequence on each leg

- 5x Arms drive straight up overhead
- 5x Arms overhead arc right
- 5x Arms overhead arc left
- 5x Arms at chest height twist right
- 5x Arms at chest height twist left

HAMSTRING BARRE STRETCH WITH TRANSVERSE PLANE REACHES

10x on each leg

RESISTED GLISSADES IN PARALLEL & 5TH POSITION (with elastic band secured above the knees)

- 5x travel forward in parallel
- 5x travel backward in parallel
- 5x travel forward in parallel
- 5x travel backward in parallel
- 5x travel forward in 5th position
- 5x travel backward in 5th position
- 5x travel forward in 5th position
- 5x travel backward in 5th position

DUAL ANKLE & HIP ACTIVATION ON BALANCE BOARD (with elastic band secured above the knees)

Repeat the sequence on each leg

- 5x foot moves forward and backward
- 5x foot moves side to side
- 5x foot circles clockwise
- 5x foot circles counter-clockwise

3 WAY LUNGE HOPS WITH RESISTANCE (with elastic band secured above the knees and elastic band looped around the barre)

- 10x hop forward onto right foot
- 10x hop forward onto left foot
- 10x hop right onto right foot
- 10x hop left onto left foot
- 10x hop quarter tour right onto right foot
- 10x hop quarter tour left onto left foot

ADAGIO MATRIX - OUT OF SYNC WITH MEDICINE BALL

- 10x right leg moving forward & backward
- 10x left leg moving forward & backward
- 10x right leg moving side to side
- 10x left leg moving side to side
- 10x right leg rotating forward & backward
- 10x left leg rotating forward & backward

RESISTED PETIT ALLEGRO SEQUENCE (with elastic band secured above the knees)

- 5x squats in parallel
- 5x squat jumps in parallel
- 5x squats in parallel
- 5x squat jumps in parallel

- 5x squats in 1st position
- 5x squat jumps in 1st position
- 5x squats in 1st position
- 5x squat jumps in 1st position

- 5x squats in 2nd position
- 5x squat jumps in 2nd position
- 5x squats in 2nd position
- 5x squat jumps in 2nd position

- 10x jumps in 1st position
- 10x jumps in 2nd position