



## SUGARFOOT THERAPY

### SFT DANCE FITNESS 1

#### DYNAMIC WARMUP (perform each exercise traveling across the floor)

1. Quad Stretch with Relevé
2. Traveling Deadlifts
3. Dynamic Battements with Toe Touch
4. Traveling Plank
5. Traveling Hip Stretch
6. Traveling Fan Kicks
7. Traveling Inside Fan Kicks
8. Dynamic Side Battements
9. Traveling Forward Lunge with Twist Towards Stepping Foot
10. Traveling Forward Lunge with Twist Towards Trailing Foot
11. Lunge with Double Twist
12. Spider Walks

#### STANDING CLAMS 4 WAYS (with elastic band above the knees)

- 10x each leg Feet parallel and shoulder width apart
- 10x each leg Feet parallel and shoulder width apart, with moving leg one step forward
- 10x each leg Feet parallel and shoulder width apart, with weight shifted over into working leg
- 10x each leg Feet parallel and shoulder width apart, in forced arch

#### 3 WAY LUNGES WITH SIDE BEND (holding arms overhead, side bend away from the lunging foot)

- 10x each leg Lunge forward
- 10x each leg Lunge side, with both feet parallel
- 10x each leg Lunge to 4:30 (right leg) or 7:30 (left leg) diagonal

#### 3 WAY LUNGES ONTO FORCED ARCH (holding arms at chest height, twist towards lunging foot)

- 10x each leg Lunge forward
- 10x each leg Lunge side, with both feet parallel
- 10x each leg Lunge to 4:30 (right leg) or 7:30 (left leg) diagonal

#### ADAGIO MATRIX IN SYNC (arms reach toward the swinging leg)

- 5x each leg working leg swings forward and backward
- 5x each leg working leg swings side to side
- 5x each leg working leg rotates from back attitude to front attitude

#### ADAGIO MATRIX OUT OF SYNC (arms reach in opposite direction of the swinging leg)

- 5x each leg working leg swings forward and backward
- 5x each leg working leg swings side to side
- 5x each leg working leg rotates from back attitude to front attitude

#### SINGLE LEG SQUAT & REACH PIVOTS 3 WAYS (reach hands forward to shin height on every squat)

- 5x each leg alternate squatting deeply & reaching your other foot forward and backward
- 5x each leg alternate squatting deeply & reaching your other foot to one side and the other side
- 5x each leg alternate squatting deeply & reaching your other foot to front diagonal and back diagonal

#### SINGLE LEG SQUAT & REACH PIVOTS 3 WAYS WITH RELEVÉ (reach hands forward to shin height on every squat)

\*\*\*in between each squat, press up into relevé

- 5x each leg alternate squatting deeply & reaching your other foot forward and backward
- 5x each leg alternate squatting deeply & reaching your other foot to one side and the other side
- 5x each leg alternate squatting deeply & reaching your other foot to front diagonal and back diagonal

**SINGLE LEG 5 WAY HOP (perform 2 sets of 3 reps on each leg)**

- Jump forward and then back to your starting position
- Jump side and then back to your starting position
- Jump to other side and then back to your starting position
- Jump to back diagonal and then back to your starting position
- Jump to other back diagonal and then back to your starting position

**9 WAY SQUATS & PUSHUPS**

- 3x squats & 3x pushups Feet turned in and shoulder width apart
- 3x squats & 3x pushups Feet turned in with right foot one step forward
- 3x squats & 3x pushups Feet turned in with left foot one step forward
- 3x squats & 3x pushups Feet parallel and shoulder width apart
- 3x squats & 3x pushups Feet parallel with right foot one step forward
- 3x squats & 3x pushups Feet parallel with left foot one step forward
- 3x squats & 3x pushups Feet turned out and shoulder width apart
- 3x squats & 3x pushups Feet turned out with right foot one step forward
- 3x squats & 3x pushups Feet turned out with left foot one step forward