



SFT DANCE FITNESS 2

ECCENTRIC HIP FLEXOR STRETCH

- 10x each leg Holding onto barre with inside hand, standing on straight leg
- 10x each leg Both arms overhead, standing on straight leg
- 10x each leg Both arms overhead, standing on forced arch

ACTIVE MEDIAL HIP MOBILITY

- 10x Shifting side to side
- 10x Shifting up and down

HIP ROLLS

- 10x each way Keep chest facing forward, and both sides of your butt down on the floor the whole time

PLANKS WITH HIP DRIVERS

- 10x Hips extend forward and backward
- 10x Hips shift side to side
- 10x Hips twist side to side

DEEP SQUAT HOPS & DEEP SQUAT WALKS

- 10x Hopping forward
- 10x Hopping to the right
- 10x Hopping to the left
- 8-12x Stepping forward one foot at a time
- 8-12x Stepping to the right one foot at a time
- 8-12x Stepping to the left one foot at a time

BACK ATTITUDE GLUTE ACTIVATION

- (with band around both legs, just below your knees)
- 2x each leg Hold the position for 30 seconds

NEURAL ACTIVATION SEQUENCE

- (with band around both legs, just above your knees)
- 15x Hopping front to back with feet in sync
- 15x Hopping front to back with feet out of sync
- 15x Hopping side to side with feet in sync
- 15x Hopping side to side with feet out of sync
- 15x Hopping & turning toes side to side with feet in sync
- 15x Hopping & turning toes in and out with feet out of sync

3 WAY LUNGES WITH 2-WAY SIDEBEND

- 10x each leg Lunge forward
- 10x each leg Lunge side
- 10x each leg Lunge to back corner

SPEED SKATERS & SPLIT SQUAT JUMPS

- Perform 2 sets of the series
- 10x Speed skater jumps, twisting hands towards weight bearing hip
- 10x Split squat jumps, with arms moving side to side
- 10x Split squat jumps, with arms overhead bending from side to side

LUNGES WITH PASSE RELEVÉ AND 1/2 PIROUETTES

- 10x Lunge forward & rise into passe relevé, alternate legs, traveling across the floor
- 10x Lunge forward & do 1/2 outside pirouette, alternate legs, traveling across the floor
- 10x Lunge side & rise into passe relevé, alternate legs, staying in place
- 10x Lunge side & do 1/2 outside pirouette, alternate legs, traveling across the floor

2 TO 1 BURPEES

- 10x each way alternating sides

3D POSTERIOR HIP STRETCH (with shin up on the barre)

- 10x Stretch front & back
- 10x Bend side to side
- 10x Rotate side to side