



## SUGARFOOT THERAPY

### SFT DANCE FITNESS 3

#### STANDING HIP FLEXOR STRETCH WITH 5 WAY ARM DRIVES

Perform 8x of each arm drive on the first side...then repeat the whole sequence on the second side

- Arms reach straight up
- Arms reach up and over to the right
- Arms reach up and over to the left
- Arms in 1st position and rotate right
- Arms in 1st position and rotate left

#### WIDE 2ND POSITION ADDUCTOR STRETCH

8x each leg      Reach your opposite hand to the outside of the foot on the bending leg

#### ACTIVE MEDIAL HIP MOBILITY

- 8x      shifting side to side
- 8x      shifting up and down

#### 3 WAY LUNGES WITH 3 PORT DE BRAS

- 8x each leg      Lunge forward with feet parallel, opposite arm reaches overhead on lunge
- 8x each leg      Lunge out to side with feet parallel, arms sweep towards lunging leg
- 8x each leg      Lunge to back corner with toes turning towards the corner, reach opposite hand to outside of lunging foot

#### SQUATS WITH 5 WAY ARM REACHES...3 VARIATIONS

5x through the sequence      Feet shoulder width and parallel with band above the knees

- 5x through the sequence      Standing on left foot in parallel, with band above the knees
- 5x through the sequence      Standing on right foot in parallel, with band above the knees

- 5x through the sequence      Standing on left foot in turnout, with no band
- 5x through the sequence      Standing on right foot in turnout, with no band

#### PLANKS WITH HAND SHIFTS AND ARM CIRCLES

- 8x alternating sides      Shift your weight from one hand to the other, keep your torso square to the floor
- 8x alternating sides      Circle your arm forward, up, and around

#### ADAGIO MATRIX (out of sync)

- 8x each leg      Leg swings front to back, upper body leans in opposite direction of leg
- 8x each leg      Leg swings out to the side & then crosses behind standing leg, upper body leans in opposite direction of leg
- 8x each leg      Leg rotates from back attitude to front attitude, arms reach towards opposite direction of leg

#### 5 WAY SINGLE LEG SQUAT AND REACH WITH PASSE RELEVÉ

Perform the sequence 2x on a flat foot and 2x adding relevé with each passe  
Then repeat on the other leg

- Squat & reach the heel straight forward
- Squat & reach the heel straight out to the side, with toes pointing downstage
- Squat & reach the heel to back corner with toes turning towards the corner
- Squat & reach the foot straight back
- Squat & reach the foot behind standing leg into a curtsey position

#### 2 TO 2 TRAVELING JUMP PROGRESSION

Perform the entire sequence 2x...with band above the knees

- 4x      jump traveling forward
- 4x      jump traveling backward
- 4x      jump traveling to the right
- 4x      jump traveling to the left
- 4x      travel downstage doing quarter tours to the right
- 4x      travel upstage doing quarter tours to the left
- 4x      travel downstage doing half tours to the right
- 4x      travel upstage doing half tours to the left

#### POSTERIOR HIP STRETCH WITH 3 WAY ARMS

Perform the sequence 5x on each leg      Arms reach forward and to both sides