



SUGARFOOT
THERAPY

10 Minute Warmup for DoctorsforDancers

Song 1 - "React" by The Pussycat Dolls

VERSE 1

Left foot forward split squat - Pelvic tuck 4x, hold the tuck and groove upper body for two 8-counts
Right foot forward split squat - Pelvic tuck 4x, hold the tuck and groove upper body for two 8-counts

PRE-CHORUS 1

Forward fold into squat 2x

CHORUS 1

4x - from deep squat raise up for 4 counts and lower down for 4 counts

VERSE 2

Kneeling down with left leg extended - perform 3 adductor rock-backs; take one 8-count to extend left leg behind you and right arm forward

4x - bird dog; then take one 8-count for thread the needle stretch with right arm reaching under

PRE-CHORUS 2

Kneeling down with right leg extended - perform 3 adductor rock-backs; take one 8-count to extend right leg behind you and left arm forward

4x - bird dog; then take one 8-count for thread the needle stretch with left arm reaching under

CHORUS 2

4x - from deep squat raise up for 4 counts and lower down for 4 counts

BRIDGE

Roll up to stand; sideband stretch in both directions

PRE-CHORUS 3

4x - Single leg squat with 3 way reach and knee drive (standing on right leg)

CHORUS 3

4x - Single leg squat with 3 way reach and knee drive (standing on left leg)

Song 2 - "Midnight Hour" by Skrillex, Boys Noize, Ty Dolla \$ign

VERSE 1

8x - Single Leg Squat with airplane arms (standing on left leg) - right toe can rest on floor behind you OR try hovering right foot off the floor

CHORUS 1

8x - rotate trunk internally and externally...let arms move in direction of rotation

VERSE 2

8x - Single Leg Squat with airplane arms (standing on right leg) - left toe can rest on floor behind you OR try hovering left foot off the floor

CHORUS 2

8x - rotate trunk internally and externally...let arms move in direction of rotation

CHORUS 2 (cont'd)

4x - frontal plane footwork
4x - sagittal plane footwork
8x - transverse plane footwork

3 WAY ICE SKATERS

First set, leading with right leg
4x - front to back
4x - side to side
4x - rotate right and return to front

Second set, leading with left leg

4x - front to back
4x - side to side
4x - rotate left and return to front

Song 3 - "Mood" by Zack Martino, Dyson

VERSE 1

Downward dog relevees - 4x slow & 8x double time

PRE-CHORUS 1

4x - Bear plank to downward dog

CHORUS 1

4x - airplane pushups

VERSE 2

Downward dog relevees - 4x slow & 8x double time

PRE-CHORUS 2

4x - Bear plank to downward dog (option to try single leg variation)

CHORUS 2

8x - alternating sliding mountain climbers
8x - alternating sliding battements in plank

4x - airplane pushups

BRIDGE

Roll up to stand; settle into squat position
2x - go through 3 way reach sequence in half time

CHORUS 3

4x - squat hold with 3 way reach and stand
4x - squat hold with 3 way reach and releve
4x - squat hold with 3 way reach and jump