



TOP 10 EXERCISES FOR COMPETITIVE CONTEMPORARY DANCERS

1 - DEEP SQUAT WITH LIFTS

1-2 Sets of 5-10 Reps

2- ECCENTRIC SLIDING SPLITS

5 Reps on Each Leg

3 - PLANKS WITH 3 WAY HIP DRIVERS

1-2 Sets of 8-10 Reps for each...

Hips drive front to back - Sagittal Plane

Hips drive side to side - Frontal Plane

Hips rotate side to side - Transvers Plane

4 - PRONE As, Ts, and Ys

5-8 Reps of the Sequence

5 - BANDED OVERHEAD REACH

1-2 Sets of 5-6 Reps

6 - STANDING CLAMS 2 WAYS

5-8 Reps on Each Leg, in each position...

- Feet hip width and parallel with weight even between both feet

- Feet wider than shoulder width and parallel, with weight shifted over moving leg

7 - Hip AIRPLANE

8 Reps on Each Side

8 - ANKLE INVERSION & EVERSION IN RELEVÉ

8-12 Reps

9 - SNAP DOWNS

8-10 Reps landing on 2 feet

AND/OR

Landing on 1 foot, 8-10 Reps for each side

10 - SFT 3 Way Jumps

5-8 Reps in Each Direction (jumping 2 feet to 2 feet OR 2 feet to 1 foot)

Forward Jump - Sagittal Plane

Lateral Jump - Frontal Plane

Quarter Tour En Dehors - Transverse Plane