



SFT STRENGTH FOR EXTENSIONS

V SIT WITH KICKS

5-8x each side, alternating sides

FOAM ROLLER BRIDGE WITH DEVELOPPE

Bottom leg is straight, pushing ankle down into the foam roller in order to press the hips up into bridge.

8-10x each side

MARCHING WITH PELVIC TUCK

Hold dumbbells in rack hold in front of shoulders.

8-10x each side, alternating sides

SLIDING SPLIT ON THE BARRE

10-12x on each side

BALLET BARRE LIFT OFF

3-5x on each side in forward extension

3-5x on each side in side extension