



MINI BAND WARM UP FOR SMALL SPACES

BANDED RELEVÉ SERIES

with mini band around the ankles

10 reps straight leg relevés

10 reps forced arch relevés in plié

5-10 reps banded inversion and eversion

SINGLE LEG BALANCE WITH AROUND THE WORLD

with mini band around the ankles

10 reps on each side

TRANSVERSE PLANE SQUAT STEP OUTS

with mini band around the thighs, just above the knees

10 reps on each side

BIRD DOG WITH SINGLE ARM BANDED ROW

with supporting hand anchoring the band

10 reps on each side. *option to hover the extended leg off the floor

TRIPLANAR QUADRUPLE HOP TO SINGLE LEG FALL

with mini band around the thighs, just above the knees

10 reps, alternating legs...in each direction

Sagittal plane: hop front to back 4x then fall forward onto one leg and stick the landing

Frontal plane: hop side to side 4x then fall out onto the leading leg and stick the landing

Transverse plane: twist hop side to side 4x then fall out onto the leading leg and stick the landing