

Students: Welcome to Class!!

Below is the latest installment of self-led exercises that you are responsible for completing pre and/or post class. Please follow the instructions below and try not to skip any; remember they are supposed to be a little difficult so don't give up! Ask questions from helpers where you are confused. These will periodically change and in some cases get gradually harder; so try not to skip any and we'll all get stronger and fitter together. Thanks!

Pre-Class Exercises

<i>What?</i>	<i>What is that?</i>	<i>How Many?</i>
Straight Legs ⁱ	30 seconds w/toes pointed, rest 5 seconds, 30 seconds w/feet flexed	3 times
Strengthen Foot Arch ⁱ	Sit upright w/legs straight and insteps together and point toes down. Attempt to keep ankle bones touching while pointing toes down and away from each other to develop a "safe" toe point; and not a "hockey stick" point which is prone to injury when landing from leaps.	Try to attempt this position and hold it for 10 seconds at a time 3 times in a row; spend more time on this if it's difficult for you...especially during idle moments like watching TV at home.
(Relatively) Low-Impact Warm-Ups ⁱⁱ	Alternate in front of mirror <ul style="list-style-type: none">• Knees-High; watch feet placement.• Heels-to-Backside; point toes in the back and watch posture/placement.• Knee-Push-Back; work hamstring/butt	Do consecutively 8x4 times, rest 5 seconds. Do 3 times total. Do consecutively 8x4 times, rest seconds. Do 3 times total.
Butterfly Stretch ⁱ	Sit upright w/soles of feet together and bring feet into your body. Press knees to floor, take tummy to your socks; hold for 30 seconds	2 times; rest 5 seconds in between
Frog Stretch ⁱ	Lay on tummy in same position as Butterfly Stretch. Press tummy to the floor; hold for 30 seconds. Note: it's not so important to keep soles of feet together in this position.	2 times; rest 5 seconds in between
Releve-Plie ⁱ	As done in class; keep posture and placement aligned and rise all the way to legs straight on the way up as heels	3 sets of 8; rest 5 seconds in between.

remain off the floor.

Pre or Post-Class Exercises

<i>What?</i>	<i>What is that?</i>	<i>How Many?</i>
Toe-Towel Grab ⁱ	As done in class; with or without sock. Ideally bring foot to a toe pointed position with the knee high.	3 sets of 20; counting 1 for right foot, 2 for left foot, etc.
Planks ⁱⁱ <i>(do not skip...as abdomen work will increase slowly in the months to come...best to ramp up now)</i>	Lay on tummy/chest and prop yourself up completely straight using forearms at chest level.	3 x 15 second hold (minimum); rest 5 seconds in between. As a challenge, try 30, 60, and 30 seconds, or 3 x 30 second hold.
Sit-Ups ⁱⁱ <i>(do not skip...as abdomen work will increase slowly in the months to come...best to ramp up now)</i>	Lay on back with toes pointed and arms straight up over your head. Pull up quickly for "1" then curl back down slow for "2, 3, 4". If necessary, bend knees to relieve pressure on back (e.g., Adv Beg's and Novice 1)	3 x 15
Partnered Leg Grabs ⁱⁱ	In pairs take turns working the inner and outer thigh by laying on back and straightening crossed legs up in the air. Have partner try to pull your feet out of or into a placed position while you resist them.	R-foot front pull out (3x10 sec) L-foot front pull out (3x10 sec) R-foot front pull in (3x10 sec) L-foot front pull in (3x10 sec)
Lunges ⁱⁱⁱ	Stand with feet straight (no turnout) and take a large step forward to lower the back knee toward the ground. Keep an eye on front foot to make sure you can see it all times verifying you are not bending your front knee more than 90 degrees. Either take the same foot back or walk the back foot forward to alternate lunging.	3 x 8 each leg

ⁱ This exercise was demonstrated to and is required by all class levels from Beginner on up.

ⁱⁱ This exercise was only demonstrated to Wednesday classes as of 4/19/2009; but all levels are welcome to attempt. We will be continuing to cover this and others.

ⁱⁱⁱ This was only demonstrated to the Open/PC and Oireachtas classes.