

Staying in Shape! A Dancer's Guide to Maintaining Conditioning during Semester Breaks

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INTRODUCTION

As a college dance student, you face a challenge: finding ways to maintain your technical progress and conditioning level during lengthy winter and summer vacations. To address this challenge, we are providing this guide of conditioning and cross-training options. We hope that this will help you stay in shape during semester breaks, thus avoiding injuries that can result from loss of conditioning and enabling you to make more consistent technical progress.

In our contemporary dance world, adjunct conditioning and alternative training methods are viewed as essential tools for professional success and career longevity. By informing you of ways to maintain and improve your conditioning beyond technique classes, we hope that this guide will provide you with the tools for self-care throughout your dance career.

BALANCING REST AND ACTIVITY

By the end of the semester, you will probably be tired. You may need to take some time to rest completely, giving your body time to recuperate following the semester's exertions. But you will soon need to explore ways to regain and maintain your conditioning so that you are ready for the next semester. Your semester breaks are an excellent time to explore cross-training through other forms of exercise, new dance styles and somatic education methods. This guide will introduce you to some of these options.

Rest is essential for your body to recover from the various stresses and strains of the semester. In the sports world it is recommended that an athlete take about 2 weeks off following a training period that culminates in a race. De-training begins if you rest longer than that. Muscles begin to atrophy 24 hours after being put on complete rest (as in a cast). Therefore, some low level activity during the 2 week rest period is helpful. This could include walking, easy biking, or swimming. Complete inactivity can lead to reduction in your ability to return to class and remain injury free after a break.

Following the 2 week rest and recovery period, a gradual increase in activity should begin. Keeping in mind the number of weeks in the "training period" will help you determine your schedule. Normally, a 10% increase in activity per week allows your body (muscles, tendons, joints, heart) to adapt without incurring any overuse strains.

Your program should include aerobic, strength and flexibility components in addition to dance-specific activities. Within each of these areas, you should consider the athletic principles of intensity, duration, and frequency (how hard, how long and how often). You can vary these three factors to maintain and increase conditioning. For example, to help you increase aerobic exercise from 30 to 40 minutes, you might temporarily decrease the intensity of your workout.

Some sample timelines for returning to full conditioning level during breaks are in Appendices B, C, and D. Sample strength and flexibility exercises are in Appendix E.

TRAINING COMPONENTS AND OPTIONS

TECHNIQUE CLASSES

To be fit and prepared to dance, there is no substitute for technique classes. Conditioning activities can maintain your overall strength, endurance and flexibility, and somatic techniques can help you to develop new awareness of your body's patterns. But to maintain the specific neuromuscular control needed for proficient dance technique, you must actually perform those movements.

Semester breaks are an excellent time to explore new dance forms. If you are at home in ballet, try hip hop classes. If jazz is your thing, try contact improvisation. Just remember that technical control is specific to form. Taking African Dance classes will not necessarily maintain your ballet technique, and vice versa. In order to be prepared to participate in Cornish ballet and modern classes, you need to attend those classes during your semester breaks.

Options

There are two ways to provide yourself with technique classes during a break: take a class at a studio or

give yourself class. Your location and finances will probably determine which option (or combination of options) you choose.

A list of studios in the Seattle is available from the Cornish Dance Office. Bear in mind that many studios are closed or have restricted schedules during Winter Break. In the summer, classes are offered at many studios, including Cornish. (Remember that Cornish offers a reduced price two-week workshop immediately prior to the fall semester.) If your finances are limited, ask studios if you can do some sort of work in exchange for classes. Be creative!

If you are unable to take a class from an experienced teacher, then you can give yourself class, either in your home (a kitchen counter makes a wonderful barre!) or in a studio. You are welcome to use the Cornish studios to give yourself class any time that they are available during semester breaks. In doing so, you will be taking an invaluable step toward your professional future. When you give yourself class, you can take the time you need to work on subtle technical challenges. In addition, you will be preparing for the professional expectation of having to warm yourself up for rehearsals.

In Appendix A you will find sample structures for both modern and ballet classes to help you design your own class.

Recommendations:

In order to *maintain* your technique, we recommend a minimum of 3 classes/week. To *improve* your technique during a semester break, we recommend 5+ classes/week.

CONDITIONING METHODS

To reach your dance potential it is important to condition your body in ways beyond dance classes. Cross training (doing other physical activities) is a way to maintain or improve your fitness level without causing overuse injuries from doing the same activity over and over again. It broadens and balances your base fitness level. By doing a variety of other activities you can train muscles that are not part of your regular dance routine. The benefits of cross training include using muscles in new movement patterns, giving overused muscles relative rest, balancing muscle strength of the underused muscles and challenging your fitness level. Also, variety in your exercise program can help you avoid boredom and stick to your program longer.

Cross training includes activities such as hiking, biking, swimming, running, canoeing, rock climbing, skiing, and aerobic machines at a gym. Cross training can be incorporated into recreational activities during your breaks from school. Be sure to check with your physician before beginning any new exercise program.

There are three types of conditioning methods: strength, endurance and flexibility.

Strength Training

Strength training has numerous benefits. The obvious benefit is to be able to lift more. This includes getting your legs higher, holding your arms up longer and being able to lift your partner with grace and ease. Besides the muscles being able to do more work, weight training benefits bone density, increases joint stability, and reduces the risk of injury.

Strength training can be divided into core and global work. Global strength includes the muscles used for moving your arms and legs. Core strength includes the muscles of your torso and trunk including the abdominals, back extensors and pelvic floor.

Recommendations:

Strength training needs to be done at an intensity that allows you to reach your goals. In order for a muscle to get stronger it must be used until you experience fatigue. Strength training should be done 2-3 times a week for each muscle area (upper body, lower body and core), about 8-10 exercises/area. The muscles require at least 48 hours to recover on a cellular level, so never do the same muscle group 2 days in a row.

To *tone muscles* and build strength for regular activities it is recommended that you do 2 sets of 12 reps. To build maximum strength, it is generally recommended that you do fewer repetitions with heavier weights (8-10 reps only). Because your body easily adapts to work outs, it's important to continuously adjust and "shake up" your work out.

If you want to *maintain* the strength you have, 8-12 repetitions per exercise at a moderate intensity will suffice. If you want to *increase* your strength, you need to do 2 sets of 8-12 repetitions at an intensity where the muscle

reaches fatigue by the last rep. Your program would include 2 days a week for upper body muscles, 2 days a week for lower body muscles and 2 days a week for core muscles (i.e., Tuesday & Thursday: upper body; Wednesday & Saturday lower body; and Tuesday & Saturday: core muscles).

Methods

There are a variety of ways to improve your strength. A number of machine-based programs are available in gyms and studios that can build your strength. However, strength training does not require joining a gym. It can be accomplished inexpensively at home with some simple props. See Appendix E for sample exercises.

Inexpensive methods

- Weights:** A variety of hand weights can be purchased at sporting goods stores or second hand stores. A set of 5 and 10 pound hand weights are necessary. Lighter weights can be improvised with pennies in a sock (\$1.68= 1lb); you can also use food products (cans of soup, bags of salt). A set of adjustable ankle weights (up to 10 or 15lbs) are also useful.
- Ball:** A large gymnastic ball can be purchased at a number of variety stores or sporting goods stores. Balls make work outs more fun (and can be used as seating in small apartments).
- Therabands:** Having a variety of resistances (colors) make *Therabands* useful for a number of exercises. *Therabands* are easily portable.
- Tubing:** Like *Therabands*, tubing is portable and can be used for a variety of exercises. Its advantage over *Therabands* is the ability to tie knots in the end for handles. However, tubing comes in fewer resistance options compared *Therabands*.

Machine-based methods

- Pilates:** Based on the work of Joseph Pilates, this exercise technique focuses on core strength and stability, supported by breath, while moving the arms and legs. The technique uses spring resistance on a variety of apparatus as well as mat class to teach a series of specific exercises. Seattle has dozens of *Pilates* practitioners and studios that teach a private, semi-private and/or group classes. Sometimes studios offer student discounts or discounted *class cards* for multiple classes. Check with the studio in your area for specifics.
- Gyrotonics:** Another machine-based exercise system, *Gyrotonics* uses a pulley system with weights to emphasize circular, rhythmic movement patterns that build core strength and control with breath support. Like Pilates, *Gyrotonics* offers a non-machine workout on stools called *Gyrokinesis™*. Both are taught in private and semi-private class settings. Check with the studio in your area for specifics.
- Gyms:** Consider 3 factors when choosing a gym: location, facility, and cost
- Location: it should be convenient enough for you to actually go (on the way to/from work or home is recommended).
 - Facility: what kinds of equipment do you want to use? It may have a pool, but do you have the time to swim? It has a massage therapist, a manicurist, and personal trainers, but can you afford to use them? If you are looking for some aerobic and weight machines, a simple gym such as found at a community center or Y may be all you need.
 - Cost: what are you willing to spend? Looking at your time frame and goals, what is it worth to you? Sometimes making the monetary investment gives you the incentive to actually go and use the facility to work out.
- A gym with free weights, cable machines as well as upper and lower body machines is good for a strengthening program. Ask for a tour of the facility before joining. Once you join, be sure to ask gym personnel for good instructions on how to use each specific machine.

Cardiovascular/Endurance Training

Cardiovascular/endurance exercise improves your aerobic capacity, allowing you to work harder and longer before getting tired. The American College of Sports Medicine recommends aerobic training of at least 30 minutes 3-5 times a week to maintain and improve cardiovascular fitness and endurance. The intensity must be at a level that causes you to breathe hard but still be able to talk. (This would be roughly at 65-80% of your maximum heart rate; your maximum heart rate is roughly 220 minus your age.). To increase your cardiovascular fitness level you must either increase the intensity (how hard), the duration (how long) or the frequency (how often).

Aerobic activities include running, fast walking (especially uphill), biking, jump rope, swimming, aerobics classes and aerobic machines at the gym (i.e., elliptical trainer, treadmill, stationary bike, stair stepper). Recreational activities such as hiking, mountain biking, kayaking, or playing games like soccer, ultimate Frisbee or even kickball can also contribute to aerobic fitness.

Guidelines to assess your intensity level

A Heart Rate Monitor is the most accurate method of monitoring intensity. The heart rate monitor consists of a chest strap transmitter that sends the electrical signals from your heart to a receiver on your wrist or your exercise equipment. As you increase your activity you can monitor your heart's response and adjust as needed. Heart rate monitors, depending on the features, can cost as little as \$50 to upwards of \$250.

A simpler method of monitoring intensity is a Perceived Rate of Exertion (PRE) scale (1-10 with 10 being maximal exertion). An adequate aerobic workout is in the 3-6 level (generally 50-70% of your maximum heart rate). Occasionally working in the 7-9 range for short bursts would increase your anaerobic capacity.

There are a variety of tests to figure out your maximal heart rate range. The most accurate is to have a Max Heart Rate Stress Test done by your doctor. This includes being hooked up to various monitoring machines while you run on a treadmill with increasing speed and incline. A Sub Maximal Test can be done at a track or on a stationary bike with a stop watch (or watch with a second hand). If interested, ask Carla for instructions.

PRE Scale

- 0 Complete rest
- 1 Very, very easy
- 2 Easy
- 3 Moderate
- 4 Somewhat hard
- 5 Hard
- 6 Harder!
- 7 Very Hard!
- 8 Very, very, very Hard!
- 9 Hardest! Really Tough!
- 10 Maximum

Methods for aerobic conditioning

There are a variety of activities you can do for aerobic conditioning, either for free or as part of a fee-based class or gym. Be sure to include a 5-10 minute warm up as well as a cool down period. A warm up can be doing the same activity (walking, easy jogging) at a less intense level to allow your body to wake up and prepare for the more intensive part of the work out. A cool down is the same, slowing down the activity for 5 minutes followed by stretching. Be sure to work out at an intensity that actually increases your heart rate and maintain it for at least 30 minutes. Be sure to take one complete day off each week for rest.

Free: The easiest activities are running and walking. (In order to increase your heart rate with walking, add hill or stair climbing.) Running is not inherently bad for your joints. However, equipment (good shoes that fit your feet and gait style) and surface (not too hard, not too soft, not too bumpy) can help ease the impact of running on your joints. In the summer, bike riding and swimming can also be done outside for free. There are numerous bike trails and public beaches that allow for an aerobic workout. Check out your community for resources.

Classes: Participating in aerobic classes such as bike spinning, step, "boot camp" or even deep water aerobic class can help increase your aerobic capacity. Most community centers and gyms offer numerous aerobic-based classes.

Gym: Gyms offer several different machines for aerobic training: stationary bicycles, treadmills, elliptical machines, stair steppers. Most have ways to increase and decrease the resistance, allowing you to adjust your workout to achieve your desired intensity. For example, on the treadmill, try increasing the elevation to get an increased work out (for instance, increase by 1% every 2 minutes until you get to the maximum height then do the same with decreasing the incline). For aerobic exercise on stationary bikes, you need to achieve your intensity by cycling at the rate of at least 80-100 revolutions per minute (RPM). Lap swimming and water workouts can also provide aerobic training.

Flexibility Training

Flexibility exercises need to be done following both aerobic and strength training. Focusing on stretching areas that are restricted instead of areas that already stretch well is a good use of your time. Picking an area that you want to improve over a break period gives focus to your stretching program. For instance, to increase the height of your side leg extensions, focus on stretching your adductors.

Sample flexibility exercises are provided in Appendix E.

ALTERNATIVE MOVEMENT EDUCATION

Semester breaks can be a good time to explore new dance styles and alternative forms of movement education, including somatic methods, martial arts and yoga. Many dancers find these alternative training methods beneficial to their technical development because they foster a different type of kinesthetic awareness and self-perspective than traditional technique classes. The following guides you through some alternative approaches to movement education.

Somatic Methods

Somatic education methods focus on improving movement efficiency by enhancing deep kinesthetic awareness, changing engrained postural and mechanical patterns and refining neuromuscular control. Many dancers have found these methods invaluable in clarifying their technique and helping them recover from injuries. Many of these methods are taught at Cornish on a permanent or rotating basis. The Dance Department's Medical Resource Sheet lists Seattle-area teachers for most of these methods.

Feldenkrais Method®: Developed by Moishe Feldenkrais, the Feldenkrais Method includes group Awareness Through Movement® classes and private hands-on sessions called Functional Integration®. Both types of Feldenkrais lessons emphasize discovering and changing your habitual patterns through gentle, subtle movements that expand your kinesthetic awareness.

Alexander Technique: Developed by F.M. Alexander, this technique is usually taught in private lessons although group sessions are sometimes available. The lessons combine concepts and cues for self-direction with hands-on work to release neuromuscular tension and create new movement possibilities. Alexander Technique is particularly effective at changing postural patterns of the head, neck and spine.

Laban Bartenieff Fundamentals:

Based in the work of Irmgaard Bartenieff and recently incorporating the developmental patterning work of Bonnie Bainbridge Cohen, the Laban Bartenieff Fundamentals explore patterns of body connectivity and movement sequencing to change postural habits and provide new ways of perceiving movement. Lessons can be both private and group.

Body Mind Centering: Developed by Bonnie Bainbridge Cohen, this method releases tension and creates new movement options through deep repatterning work. Lessons are usually private.

Skinner Releasing: Developed by Seattle's Joan Skinner, this method uses imagery and guided movement to release neuromuscular tension and find more efficient movement patterns. It has served as the basis for the release technique used by many contemporary choreographers. There is an annual Seattle Skinner Releasing workshop in August. Outside of that workshop, lessons can be group or private.

Martial Arts

Martial arts techniques from many cultures have evolved into movement forms that enhance strength and control while providing a rich movement experience. Many dancers find these techniques helpful to their technical development. Some well-known forms of martial arts are Tai Chi, Qi Gong, Kung Fu, Aikido and Capoeira.

Yoga

Yoga balances strength and flexibility while encouraging a grounded physical sense of self. Many dancers find yoga classes to be helpful to their technical development and injury prevention.

APPENDIX A: SAMPLE BALLET AND MODERN CLASSES

BALLET

You are familiar with the structure of ballet classes, beginning with a barre and followed by different types of movement in the center floor. This is a sample structure. Feel free to supplement and change the sequence of exercises.

Barre:

- Plié
- Slow tendu
- Fast tendu
- Slow dégagé
- Fast dégagé
- Rond de jambe
- Fondu
- Frappé
- Adagio/développé
- Grand battement

Center

- Tendu
- Adagio
- Pirouette
- Petit Allegro
- Grand Allegro

MODERN

There are countless ways to structure a modern class, so consider your preferences and needs. This is just one example.

Pre Warm-Up

Many dancers like to begin a modern class with floor work, ranging from developmental patterning exercises such as the Laban Bartenieff patterns of total body connectivity to Graham floor work. These exercises can prepare you for the movements at a later stage in the class. Remember that dealing with gravity is an important part of a warm-up, so be sure to give yourself standing exercises as well.

Warm-Up: do these exercises in both parallel and turned out positions

- Spine movements in simple, single planes, standing on two feet: flexion and extension, side bending and rotation. Do one plane at a time. Combine with plié and relevé.
- Ankles (pushing through to a pointed foot)
- Spine: more complex movements, combining planes, still on two feet: combine flexion and extension with rotation, add partial and full circles. Combine with plié and relevé
- Slow tendu
- Fast tendu
- Dégagé
- Weight shifts, first without torso and then with torso
- Rond de jambe, on the floor and off
- Développés
- Combined spine and leg movements, going to floor and back up: if planning to do upper body supported movements, prepare for that here as well
- Grand battement
- Relevé into small jumps

Combinations:

- Adagio: slow movements challenging balance, combining spine and legs
- Movement through space: use different locomotive forms (walk, run, skip, hop, gallop, jump, leap), turns and level changes. Incorporate upper body weight support, change directions, combine spine and legs to increase challenge.

APPENDIX B: RECOMMENDED TIMELINES FOR REACHING FULL CONDITIONING LEVEL

Winter Break

- Week 1:* Relative rest week. Walk 20 minutes every day. Gentle daily stretch for hamstrings, quadriceps, hip flexors, hip rotators (10 minutes maximum). 4-5 core exercises 3x this week.
- Week 2:* Aerobic work out 3x at 30 minutes moderate intensity followed by stretching. Upper body work out 2x, lower body 2x, core work out 3x. Dance classes 3x.
- Week 3:* Increase aerobic work out to 4x, 40 minutes moderate intensity followed by stretching. Strength training as in week 2. Dance class 3-5x.
- Week 4:* Increase aerobic work out to 5x, 45-50 minutes moderate intensity followed by stretching. Strength training as in week 2. Dance class 3-5x.

Summer Break (15 Weeks, as long as a semester!)

May (3 weeks):

- Weeks 1 & 2:* Relative rest weeks. Recuperative and recovery activities: walking, gentle stretching, fun activities that you enjoy.
- Week 3:* Begin aerobic and strength work out program: 30 minutes of aerobic activity at a moderate intensity 3-5x a week. Strength training with lighter weights 2x a week. Dance classes 3x/week. *This is base building and should last 4-6 weeks.*

June (4 weeks)

- Week 4:* Continue aerobic and strength work out program as in week 3. Dance classes 3x/week.
- Week 5:* Increase aerobic workout by 2 minutes a session for the next 4 weeks. Continue with the same amount of weight from last week (unless exercise is too easy, then increase by 1-2lbs). Dance classes 3x/week.
- Week 6:* Continue to increase aerobic work outs by 2 minutes. Increase weights by 1-2lbs as tolerated. Dance classes 3-5x/week.
- Week 7:* Continue to increase aerobic work outs by 2 minutes. Continue to increase weights as tolerated. Dance classes 3-5x/week.

July (4 weeks)

- Week 8:* 45-50 minute aerobic work out. Strength training as week 7. Dance classes 3-5x/week. *End of base building. Now you can increase the intensity!*
- Week 9:* Begin increasing intensity every other work out (short bursts of intensity) 45-50 minutes 3-5x/week. Strength training: change exercises. Dance classes 3-5x/week.
- Week 10:* Increase intensity every other work out (hard/easy days). 45-50 minutes 3-5x/week. Strength exercises as in week 9. Dance classes 3-5x/week.
- Week 11:* Intensive work outs 2-3x/week; easier work outs 1-2x/week 45-60 min. Strength exercises as in week 9, increasing weights 1-2lbs as work out becomes easier. Dance classes 3-5x/week.

August (4 weeks)

- Week 12:* Same as week 11. Dance classes 3-5x/week.
- Week 13:* Easy week in anticipation of returning to school at the beginning of Sept, work out 25 minutes 3x. Strength training: 1 set of each area. Dance classes 1-2x/week.
- Week 14:* Aerobic work out 2-3 intense, 1-2 easy 30-45 minutes. Strength 2 sets each area. Dance classes 3-5x/week.
- Week 15:* Same as week 14

APPENDIX C: SAMPLE ONE WEEK CONDITIONING PROGRAM

Monday

Aerobic: 5 min warm up with easy walking. 30-45 minute very brisk walk including hills. 5 min cool down with slower paced walking.

Stretch: *Lower Body:* quad stretch, hamstring stretch, hip rotator stretch, calf stretch with straight then bent knee, side bending stretch for lats and TFL/ITB area.

Strength: *Upper body focus:* Biceps, triceps, reverse flies, overhead press, Prone: W, T, Y, all with weights, Push ups
Core: Ball: crunches, crunches with rotation, knee lifts; Prone: opposite arm and leg raise, walk outs with pull ins; Supine on floor: bridges, bridges with roll outs

Stretch: *Upper body:* corner stretch, side stretch, downward dog

Tuesday

Aerobic: Warm up 5 minutes easy pedaling on the stationary bike. 30-45 minutes with varying RPMs (80 for 5 minutes, 100 for 2 minutes, repeat 5 times). 5 minutes easy pedaling for cool down.

Strength: *Lower body focus:* Tubing 4 directions 2 sets of 12 each leg: one in parallel, one in turn out; Ball wall squats: 2 sets of 12; Lunges with 3 Lbs weights 2x12

Stretch: Lower body as on Monday

Wednesday

Aerobic: Warm up with 5 minute easy jog. 3-45 minute jogging at moderate intensity, 5 min cool down jog. Stretch same as Monday.

Strength: Core as on Monday

Thursday

Aerobic: 5 minute warm up on the elliptical trainer, 30-45 minutes at moderate intensity, 5 minute cool down

Strength: As on Monday

Stretch: As on Monday for upper body

No core workout

Friday

Aerobic: Water aerobics deep water class 60 minutes

Strength: Same as Tuesday plus *Core:* (without ball) crunches, crunches with rotation, bridges with knee lifts, leg straight, leg lower, single leg bridges

Saturday

Walking easy pace

Sunday OFF!

APPENDIX D: SAMPLE SUMMER PROGRAM (stretching every time after any workout)

Week	Goals	Aerobic	Strength	Dance
1May	Relative rest/recuperation	-	-	-
2May	Relative rest/recuperation	-	-	-
3May	Begin 4-6 week base building	30 min 3-5x	2x each area 8-10 exercise upper/lower/core	3 times
4June	Base	30 min 3-5x	2x each area 8-10 exercise upper/lower/core	3 times
5June	Base	30 min 3-5x Add 2 minutes each work out	2x each area 8-10 exercise upper/lower/core	3 times
6June	Base	36 min 3-5x Add 2 minutes each work out	2x each area 8-10 exercise upper/lower/core	3-5 times
7June	Base +	42 min 3-5x Add 2 minutes each work out	2x each area 8-10 exercise upper/lower/core	3-5 times
8July	Base +	45-50 min 3-5x	2x each area 8-10 exercise upper/lower/core	3-5 times
9July	Increase time and intensity every other work out (intervals- short bursts)	45-50 min 3-5x	2x each area 8-10 exercise upper/lower/core	3-5 times
10July	Increase intensity every other work out	45-50 min 3-5x	2x each area 8-10 exercise upper/ lower/core	3-5 times
11July	Continue with 2-3 intensive work outs and 1-2 easier work outs	45-60 min 2-3x: high 1-2x :mod	2x each area 8-10 exercise upper/lower/core	3-5 times
12Aug	Continue with 2-3 intensive work outs and 1-2 easier work outs	45-60 min 2-3x: high 1-2x :mod	2x each area 8-10 exercise upper/lower/core	3-5 times
13Aug	Easy week	25 minutes 3x	1 set each exercise	1-2 times
14Aug	Continue with 2-3 intensive work outs and 1-2 easier work outs	30-45 minutes 3x	2x each area 8-10 exercise upper/lower/core	3-5 times
15Aug	Continue with 2-3 intensive work outs and 1-2 easier work outs	30-45 minutes 3-5x	2x each area 8-10 exercise upper/lower/core	3-5 times

APPENDIX E: SAMPLE EXERCISES

STRENGTH EXERCISES

2 sets of 12, twice a week for each of the following areas: upper body, lower body, core. 6-8 exercises per session to cover the major muscles and actions of the joints.

Lower body work out:

Tubing: 4 directions, parallel and turned out
Pas de cheval- forward, backwards. Parallel, turned out
Develop: forward, side and back
Hamstring curls
Prone (on stomach): windshield wiper: Internal rotation, external rotation

Lunges: Forward
Backward
Side

Ball: Wall squats
Supine (on back) bridges: two legs, one; heels on ball, whole foot on ball
Supine: bridge with roll outs

Theraband: Around thighs: side steps 2 positions: straight, crouch

Weights: Straight leg raises 4 directions: goal 8-15 lbs. 2x12

Standing: Lawn mower
Bird dipping
Hamstring torso lift
Reach for the cookie
Heel raises: knees straight, knees bent; single leg; off edge of stair/phonebook; parallel, turned out, turned in

Upper body work out:

Tubing: 4 directions (forward, out, back, in)
Empty can
Windshield wiper (rotator cuff) internal and external rotation
Rowing with bent elbows (pull back)
Shoulder blade squeeze (pull back then squeeze)
Upright row
Bicep curls
Tricep press

Weights: Bicep curls
Tricep curls (2 variations: kick back, overhead press)
Lateral raises (out to side, slightly bent elbows)
Overhead press
Bent over lateral raises (AKA reverse flies)
Bent over 2 arm rows
Punch the ceiling (lying on back)
Chest press (lying on back)

Ball: with weights:

Supine (on back):

- Press to ceiling
- Flies
- Bicep curls
- Tricep press
- Punch the ceiling
- Cheerleader (switch arms overhead)

Prone (on stomach)

- Reverse flies
- Bent arm row
- Y, T, W, I
- Push ups

Your body: Push ups
Seated push ups
Handstands

Core work out:

Ball: Supine (on back)

- Curls short arcs
- Full arcs
- With rotation
- Knee lifts
- Knee straighten
- Leg lift and lower
- Leg to side
- Airplane crab walk

Prone (on stomach)

- Opposite arm and leg raise- hands on floor; hug ball
- Roll out with pull ins
- Push ups

Quadrapped:

- Opposite arm and leg raises: reach for opposite pocket x3, add weights

Supine on floor:

- In a bridge progression: knee lifts, straight leg, leg lift and lower, leg to side one legged
- Plank, side plank
- Crunches, with rotation

FLEXIBILITY EXERCISES:

Lower body stretches:

- Quadriceps: heel to buttocks, keep pelvis neutral or scooped UP
- Hamstring: standing with 1 leg on bed/barre, torso reaching sideways over the leg in 3 directions: to the front parallel, to the front turned out; to the side w/leg à la seconde
- Hip rotators: pretzel/hip stretch
- Hip adductors. side lunge, butterfly, v stretch
- Hip abductors: cross over with side bending

Upper body stretches:

- Arm across front
- Corner stretch 3 positions
- Flossing (arm outstretched with palm up or down, move wrist or head)
- Downward dog
- Side bend latissimus stretch

ENDURANCE EXERCISE:

Elevated heart rate for at least 30 minutes!