

Ballet workout - Standing

1. Starting in first position: even placement between both feet, firm thighs, belly button pulled in, tail bone dropped down and ribs knitted together. (ACTIVATED POSE)



2. Hands on hips, slow head rolls to get some movement in the body
3. Drop hands by your side, chin to chest and slowly roll down to hands touching the floor and then slowly roll back up (x2), then another two with an added plié once you reach the floor



4. Port de bra (carriage of the arms) for movement and mobility in the arms & shoulders (x 5)





5. Plié's: Hands at yard or on hips, smooth movement between bent and straight legs (no stop or start to the plié). Pull inner thighs together, keeping the same posture as when you started (x15)

6. Toe points: Lead with heel first (turned out), dragging the toe out and in. 8 times, both feet to the front, side and back.

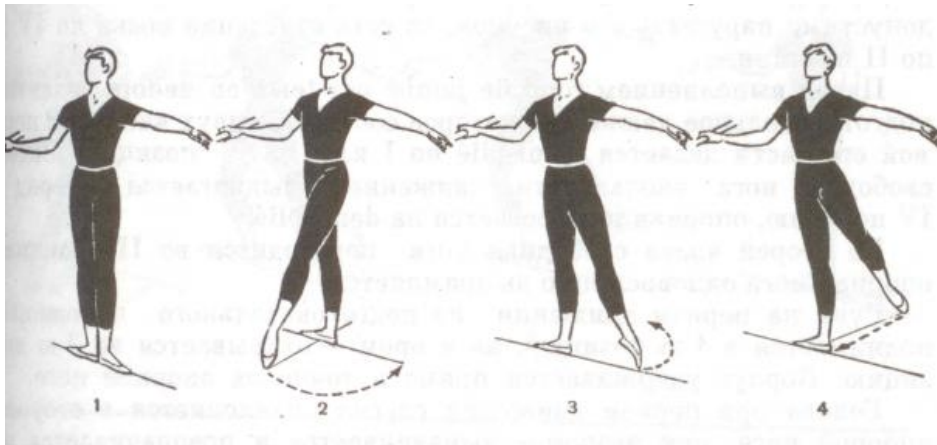
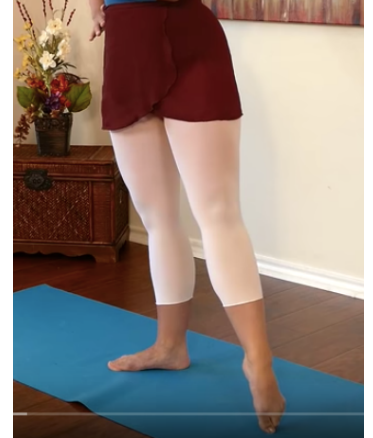
7. One toe point each to the front, side, back and side then switch feet x 2.

8. Same again but lifting the leg slightly, twice on both legs.

9. Brain teaser: (inner thigh and glue workout)

- 8 lifts to the left side, 8 to the right side
- 4 lifts to the left side, 4 to the right side
- 2 lifts to the left side, 2 to the right side
- 4 singles to each side

10. Ronde de jambe: 8 times on both legs



11. Passé: Front toe point, draw leg up to side triangle, back toe point, draw leg up to side triangle. (Keeping hips turned out and in line) x 8 on both legs. (GREAT FOR BALANCE)

