

Summer Stretching and Strengthening Competition 2021

Ballet 2-Advanced Beginning

There are 11 weeks of Summer. Hopefully, you will be doing ballet over the summer, but in addition, it would be a great time to increase flexibility and strength. It won't take long, maybe 5 minutes each day, but you'll be AMAZED with your results by the fall.

- Every weekday (M-F) start with the Warm-Up Planking (alternate front or sideways) then choose one Strengthening Exercise and two Stretching Exercises.
- See the attached weekly chart to keep track. Upload a picture of yourself with your weekly completed chart to enter a drawing at the end of the summer. Winner will receive 1 free private lesson with Debra for the entire season September-June. 10 private lessons for free!

WARM-UP

- Planking:**
1. Hold position - facing floor on elbows or hands. **30 seconds**
 2. Hold position - sideways on elbow or hand. **30 seconds**

STRENGTHENING

1. **V-ups:** Lay on back. Lift legs & arms to up to sky while breathing in, lower & breathe out. **30 seconds.**
2. **Jump Squats:** stand with hands clasped behind head. Squat down until the hips are parallel with ground 1-2, then jump 3, land softly 4. **30 seconds.**
3. **High Kicks:** standing extend left arm front. Kick right leg to hit palm – knees straight. Try to get higher. **30 seconds.**
4. **Jump Lunges:** start in lunge with your hands behind your head. Jump into the air switching your legs and landing in a lunge. **30 seconds.**
5. **Frog Jumps:** start in pushup position on hands. Hop to place both feet flat on floor outside of hands, then hop back (keep back flat) **30 seconds.**

STRETCHING

1. **Straddle stretches:** Sit in 2nd: Bend side Right & Left 10 seconds each, then far forward for 30 seconds. Repeat all.
2. **Airplane Or Superman:** Lay on Stomach Lift arms & legs up 1-2 (weight on stomach & hips), hold 3-6, lower 7-8 (think long curve). **Repeat all.**
3. **Butterfly:** Sit in Butterfly position push knees down for 8 counts, lean forward arms stretched 8 counts **4 times.**
4. **Open Frog:** Kneeling wide parallel. Place hands on floor & bend at hips, spread knees, push hips into floor - **hold 30 seconds.**
5. **Kneeling Lunge:** Kneeling up place one foot on ground in front, placing hands on knees. Switch legs - Hold 30 seconds.
6. **Calf Stretch:** standing facing wall with forearms on wall. Slide one leg back while lunging. Switch legs. - Hold 30 seconds.
7. **Angel Pushups:** Lay on stomach. Push up on hands, hips on ground. Bend back and bend knees & touch head 1-6, rest 7-8. **Repeat 4 times.**
8. **Hamstring:** sitting with legs straight in front bend 1 leg with foot at retire and knee on floor, bend forward 8cts. Repeat other side.
9. **Hips Up:** lay on back, with bend knees and feet on floor. Push up hips as high as possible – see if you can lift each foot off the floor. 8 counts-4 times
10. **Bridges:** lay on back bend knees placing feet on ground, bend arms placing palms by ears. Push up.

WARM-UP

Planking:
version 1 or 2

STRENGTHENING

1. V-ups
2. Jump Squats
3. High Kicks
4. Jump Lunges
5. Frog Jumps

STRETCHING

1. Straddle Stretches
2. Airplane or Superman
3. Butterfly
4. Open Frog
5. Kneeling Lunge
6. Calf Stretch
7. Angel Pushups
8. Hamstring
9. Hips Up
10. Bridges

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Name: _____

Week 1 Mon Tues Wed Thurs Fri

Warm up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strengthening #1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Week 2 Mon Tues Wed Thurs Fri

Warm up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strengthening #1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Week 3 Mon Tues Wed Thurs Fri

Warm up					
Strengthening #1-5					
Stretching #1-10					
Stretching #1-10					



Week 4 Mon Tues Wed Thurs Fri

Warm up					
Strengthening #1-5					
Stretching #1-10					
Stretching #1-10					

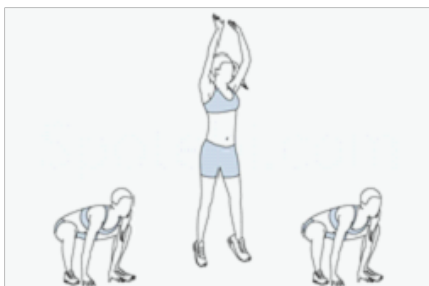


Week 5 Mon Tues Wed Thurs Fri

Warm up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strengthening #1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 6 Mon Tues Wed Thurs Fri

Warm up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strengthening #1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Name: _____

Week 7 Mon Tues Wed Thurs Fri

Warm up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening #1-5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretching #1-10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretching #1-10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



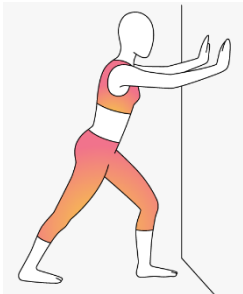
Week 8 Mon Tues Wed Thurs Fri

Warm up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening #1-5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretching #1-10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretching #1-10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Week 9 Mon Tues Wed Thurs Fri

Warm up					
Strengthening #1-5					
Stretching #1-10					
Stretching #1-10					



Week 10 Mon Tues Wed Thurs Fri

Warm up					
Strengthening #1-5					
Stretching #1-10					
Stretching #1-10					



Week 11 Mon Tues Wed Thurs Fri

Warm up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strengthening #1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretching #1-10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

