

Summer Stretching and Strengthening Competition 2021

intermediate 3 - Advanced

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 10-15 minutes each day, but you'll be AMAZED with your results by the fall.

- Every weekday (M-F) start with Debra's Roller Core Finder then choose one Strengthening Exercise and three Stretching Exercises.
- See the attached weekly chart to keep track. Upload a picture each week of yourself with your completed chart to enter a drawing in September. Winner will receive 1 free private lesson per month with Debra for the entire season September-June. 10 private lessons for free – OVER \$600 in savings!

WARM-UP

Debra's Roller Core Finder: with roller under ankles

On Back: Lay on back with roller under ankles/hands on shoulders/elbows in with hips up. Lift leg devant 4 counts, fouetté to 2nd 4 counts (placing hand in front), retire 4 counts, turn to parallel 4 counts, rotate to retire 4 counts, developpe 4 counts, fouetté to devant 4 counts, lower leg 4 counts.

On Stomach: Lay on stomach. Roller under ankles/hands in a plank on elbows.

Lift leg derriere 4 counts, fouetté to 2nd 4 counts (placing hand down), retire 4 counts, turn to parallel 4 counts, rotate to retire 4 counts, developpe 4 counts, fouetté to derriere 4 counts, lower leg 4 counts.

STRENGTHENING

1. V-ups: Lay on back.

Lift legs & arms to up to sky and breath in, lower & breathe out – 1-2 up, 3-4 down. 2 minutes.

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. 2 minutes.

3. High Kicks: standing

Extend left arm front. Kick right leg to hit palm – knees straight. Try to get higher. 2 minutes.

4. Jump Lunges: start in lunge with your hands behind your head.

Jump into the air switching your legs and landing in a lunge - 2 counts each. 2 minutes.

5. Frog Jumps: start in pushup position on hands.

Hop placing feet outside of hands, then back (keep back flat)-2 counts forward, 2 back. 2 minutes.

STRETCHING

1. Straddle stretches: Sit in 2nd:

Bend side Right & Left 20 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 4x.

3. T-Stretch: either sitting crossed legged, or complete T

Sit upright 8 counts, bend forward 8 counts. Repeat. Then switch legs.

4. Open Frog: Kneeling wide parallel.

Hands on floor & bend at hips, spread knees, push hips to floor (can do at wall) - hold 1 minute.

5. Kneeling Lunge: Kneeling up

One foot on ground in front, extend arms to sky, keeping hips up. Switch legs - Hold 1 minute.

6. Calf Releve/Stretch: standing facing wall with forearms on wall.

Parallel: 32 rises. Then slide one leg back while lunging. Switch legs. - Hold 30 seconds.

7. Splits in 4th & 2nd:

Right leg front " hold 8 counts, slowly turn to 2nd hold 8 counts, slowly turn to left holding 8 counts.

8. Standing Hamstring: Back-up to wall with legs in parallel 2nd.

Grab ankles with head to floor, navel to wall & flat back. Hold 12 counts, then plie 4 counts. Repeat.

9. Hips Up: lay on back, with bend knees and feet on floor.

Push up hips as high as possible " repeat and lift each leg to ceiling. 8 counts-4 times give in to stretch for 16 counts (allow leg to be pulled toward your face). Repeat.10.

Bridges: lay on back

Bend knees placing feet on ground, bend arms placing palms by ears. Push up.

11. Vitamins for Arabesque: Stand facing wall in 1st.

Cross wrists at eye level, palms and elbows on wall. No leaning – stand on your own feet, but elbows must touch. Transfer weight (and hands), tendu derriere (lifting hips, navel and top of head). 8 counts close. Repeat with left. Then lifting to degage each side. Repeat 3rd time to 45 degrees each side.

12. Splits:

Stay in splits with roller under front heel for 12 counts. Don't bend back knee. Remove roller 4 counts. Do splits for 12 counts, replace roller 4 counts. Repeat all.

13. Laying Hamstring with resistance:

Lay on back, lift one leg to sky with theraband around foot. Resist theraband (try and close leg) for 16 counts, then give in to stretch for 16 counts (allow leg to be pulled toward your face). Repeat.

14. Alphabet feet: Sitting tall with legs in front:

Draw all the letters of the alphabet with one leg, then the other – make the letters HUGE.

15. McDonald's Arches PLUS: Sit in 2nd, forward on your crotch, legs stretched & feet pointed.

Bend knees, drawing flexed feet in for 6 counts, then extend for 2 counts. 4 times.

THEN Bend Right leg and turn it in to drop knee to floor, sitting on bent hip. Hold for 8 counts. Then Left. Repeat all.

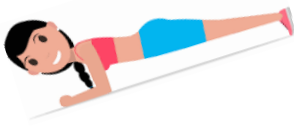
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Name: _____

Week 1 Mon Tues Wed Thurs Fri

Debra's Roller	<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"/>
1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



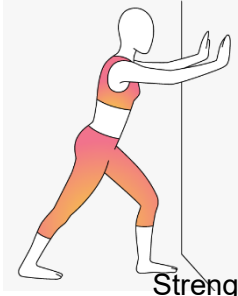
Week 2 Mon Tues Wed Thurs Fri

Debra's Roller	<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"/>
1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd Stretching #1-15	<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					
1st Stretching #1-15					
2nd Stretching #1-15					
3rd Stretching #1-15					



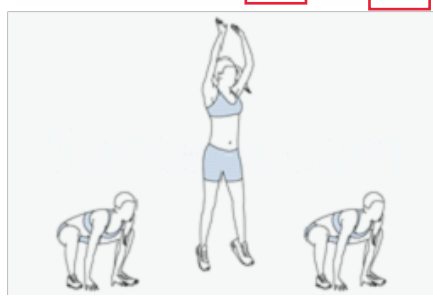
Week 4 Mon Tues Wed Thurs Fri

Warm up					
Strengthening #1-5					
1st Stretching #1-15					
2nd Stretching #1-15					
3rd Stretching #1-15					



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"/>
1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd Stretching #1 - 15	<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"/>
1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Name: _____



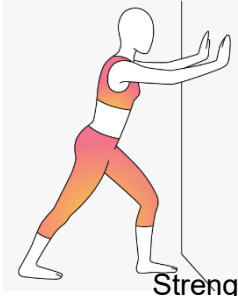
Week 7 Mon Tues Wed Thurs Fri

	Debra's Roller	<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"/>
	1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3rd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Week 8 Mon Tues Wed Thurs Fri

	Debra's Roller	<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"/>
	1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3rd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Week 9	Mon	Tues	Wed	Thurs	Fri
Warm up					
Strengthening #1-5					
1st Stretching #1-15					
2nd Stretching #1-15					
3rd Stretching #1-15					

Week 10 Mon Tues Wed Thurs Fri

Warm up					
Strengthening #1-5					
1st Stretching #1-15					
2nd Stretching #1-15					
3rd Stretching #1-15					



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"/>
1st Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd Stretching #1-15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

