

Summer Stretching and Strengthening Competition 2021

Intermediate 1 & 2

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 5-10 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 with Debra for the entire season September-June. 10 private lessons for free – OVER \$600!

WARM-UP

Debra's Roller Core Finder:

On back with roller under ankles/hands on shoulders/elbows in.

1. **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.
2. **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 while breathing in, lower & breathe out. 1 minute.
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. 1 minute.
3. **High Kicks:** standing
Extend left arm front. Kick right leg to hit palm – knees straight. Try to get higher. 1 minute.
4. **Jump Lunges:** start in lunge with your hands behind your head.
Jump into the air switching your legs and landing in a lunge. 1 minute.
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) 1 minute.

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.

Hands on floor & bend at hips, spread knees, push hips to floor (can do at wall) - **hold 30 seconds.**

5. **Kneeling Lunge:** Kneeling up

One foot on ground in front, extend arms to sky, keeping hips up. 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 (let go w/arms to sides).

Repeat 4 times.

8. **Sitting Hamstring:** sitting with legs straight in front

1 leg with foot at high retire and knee on floor, bend forward w/flat back 8cts. **Repeat other side.**

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**

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:**

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:** Sit in widest 2nd, forward on your crotch, legs stretched & feet pointed.

Bend knees, drawing flexed feet in for 8 counts, then extend for 8 counts. **4 times.**

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Name: _____

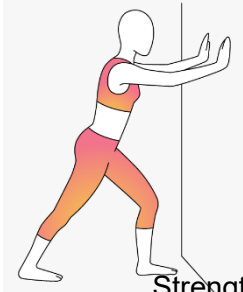
Week 1 Mon Tues Wed Thurs Fri

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					

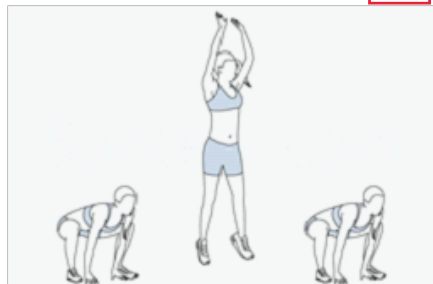
Week 4 Mon Tues Wed Thurs Fri

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: _____



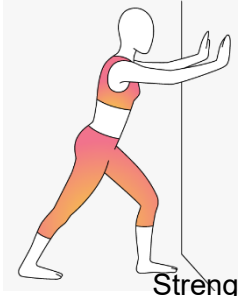
Week 7 Mon Tues Wed Thurs Fri

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	<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 10 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 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"/>

