

**AQUA-SAGE POINTE EXERCISES DANCER NAME: \_\_\_\_\_**

Each exercise 3X per week-can do on different days-do on a different day from pointe class	SUN	MON	TUE	WED	THU	FRI	SAT
<b>20 relevés w/plie</b> both feet 1st position don't roll arch forward-knees back over toes							
<b>20 relevés straight legs</b> feet 1st position don't roll arch forward-FOOT FLAT ON FLOOR!							
<b>20 relevés straight knee R leg only</b> (don't sickle) L leg sur le coup-de-pied derriere							
<b>20 relevés straight knee L leg only</b> (don't sickle) R leg sur le coup-de-pied derriere							
<b>20 relevés with PLIE R leg only</b> (don't sickle) L leg sur le coup-de-pied derriere							
<b>20 relevés with PLIE L leg only</b> (don't sickle) R leg sur le coup-de-pied derriere							
<b>20 outside calf muscle engagements R leg</b> Push foot at ankle towards outside of leg as if pushing something with baby toe							
<b>20 outside calf muscle engagements L leg</b> Push foot at ankle towards outside of leg as if pushing something with baby toe							
<b>20 quadriceps engagements R leg</b> (Thera-Band) sitting on floor-tighten back of knee into floor							
<b>20 quadriceps engagements L leg</b> (Thera-Band) sitting on floor-tighten back of knee into floor							
<b>20 flex &amp; pointe R whole foot</b> Thera-Band (don't sickle) Slowly and carefully-don't rush hand holds Thera-Band outside of knee							
<b>20 flex &amp; pointe L whole foot</b> Thera-Band (don't sickle) Slowly and carefully-don't rush hand holds Thera-Band outside of knee							
<b>20 flex &amp; pointe toes</b> only R foot Thera-Band Hold foot in a pointed position-don't sickle hand holds Thera-Band outside of knee							
<b>20 flex &amp; pointe toes</b> only L foot Thera-Band Hold foot in a pointed position-don't sickle hand holds Thera-Band outside of knee							
<b>20 straight leg relevés 6th</b> w/ Thera-Band on R Partner needed-not too much resistance							
<b>20 straight leg relevés 6th</b> w/ Thera-Band on L Partner needed-not too much resistance							

VIMEOS': <https://vimeo.com/723089712> Pre-pointe Exercises SDA STYLE <https://vimeo.com/723089712> AQUA-SAGE Pointe Exercises

BLUE THERA-BAND'S/replacements: \$10 ea. (cash only)

SDA STAFF USE ONLY: date received \_\_\_\_\_