

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Each exercise at least 3X each week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
50 releve's w/plie both feet 1st position <i>(don't roll arch forward-knees back over toes)</i>							
50 releve's straight knee R leg only (don't sickle) <i>L leg sur le coup-de-pied derriere</i>							
50 releve's straight knee L leg only (don't sickle) <i>R leg sur le coup-de-pied derriere</i>							
25 flex & pointe R foot theraband (don't sickle) <i>Slowly and carefully-don't rush</i>							
25 flex & pointe L foot theraband (don't sickle) <i>Slowly and carefully-don't rush</i>							
25 flex & point toes only R foot theraband <i>Hold foot in a pointed position-don't sickle</i>							
25 flex & point toes only L foot theraband <i>Hold foot in a pointed position-don't sickle</i>							
25 straight leg releve's 6th w/theraband on R <i>Partner needed-not too much resistance</i>							
25 straight leg releve's 6th w/theraband on L <i>Partner needed-not too much resistance</i>							

Parent Signature: \_\_\_\_\_

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

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50 releve's straight knee L leg only (don't sickle) <i>R leg sur le coup-de-pied derriere</i>							
25 flex & pointe R foot theraband (don't sickle) <i>Slowly and carefully-don't rush</i>							
25 flex & pointe L foot theraband (don't sickle) <i>Slowly and carefully-don't rush</i>							
25 flex & point toes only R foot theraband <i>Hold foot in a pointed position-don't sickle</i>							
25 flex & point toes only L foot theraband <i>Hold foot in a pointed position-don't sickle</i>							
25 straight leg releve's 6th w/theraband on R <i>Partner needed-not too much resistance</i>							
25 straight leg releve's 6th w/theraband on L <i>Partner needed-not too much resistance</i>							

Parent Signature: \_\_\_\_\_