

Student Name: _____

Date: _____

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

Parent Signature: _____

Student Name: _____

Date: _____

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

Parent Signature: _____