

Putting Together Your Program

Once you have worked your way through the program and are starting to discover which parts of the program are important for you, it is important to organise a set program for you to work on. Always start from the beginning, from the mobilise section. Even if you have pretty good range it is a good idea to do the mobilisation exercises for at least 2 weeks to ensure that your range is free in all directions. See if you can work out a program that you will follow for at least 1-2 weeks, before adding in additional exercises. Each dancer needs to work on different elements, however a suggested guideline is outlined below.

Program 1	M	T	W	T	F	S	S
6 D Breathing							
Thoracic Mobilisers							
Hip Flexor Mobilisers							
Tucks and Tilts Sequence							
Trigger Point Releases with a Ball							
Cupping for Upper and Lower Legs							

Program 2	M	T	W	T	F	S	S
6 D Breathing							
Thoracic Mobilisers							
Hip Flexor Mobilisers							
Tucks and Tilts Sequence							
Trigger Point Releases with a Ball							
Cupping for Upper and Lower Legs							
4 Point Sit Backs							
Cushion Squeezes							
QF Heel Squeeze							

Program 3	M	T	W	T	F	S	S
6 D Breathing							
Thoracic Mobilisers							
Hip Flexor Mobilisers							
Tucks and Tilts Sequence							
Trigger Point Releases with a Ball							
4 Point Sit Backs							
Cushion Squeezes							
QF Heel Squeeze							
Iliacus Suck							
Turnout with Foot on the Wall							

Program 4	M	T	W	T	F	S	S
6 D Breathing							
Thoracic Mobilisers							
Hip Flexor Mobilisers							
Tucks and Tilts Sequence							
Waiter Bow							
Cushion Squeezes - with Leg Extension							
4 Point Turnout with Endurance							
Cushion Squeezes with Oblique Curl							
Turnout with Foot on the Wall							
Standing Iliacus Suck							
Adult Crawling Sequence							

Program 5	M	T	W	T	F	S	S
Hip Flexor Mobilisers							
Trigger Point Releases with Ball							
Tucks and Tilts Sequence							
Hamstring Mobilisers							
Waiter Bow							
Cushion Squeezes - with Leg Extension							
4 Point Turnout with Endurance							
Turnout with Foot on the Wall							
Standing Iliacus Suck							
Adult Crawling Sequence							
QF Transfer with Port de Bras							
Développé Devant in Lying							

Program 6	M	T	W	T	F	S	S
Hip Flexor Mobilisers							
Tucks and Tilts Sequence							
Hamstring Mobilisers							
Waiter Bow							
4 Point Turnout with Endurance							
Turnout with Foot on the Wall							
Standing Iliacus Suck							
Adult Crawling Sequence							
QF Transfer with Port de Bras							
Développé Devant in Lying							
Placement at the Barre with Fondu & Rise							