**Ballet Conditioning Exercises and Reps**

I hope you are all doing well. I am so proud of you for staying strong and powerful!

As you do these exercises please remember to listen to your body (these are recommended reps not mandatory amounts) and stay mindful about the exercises, they are just as good for building a mind body connection as they are for your strength ☺

(Number of reps) x (number of sets)

\*please keep in mind that for exercises that switch legs **one** rep goes to the right and to the left

\*remember to rest between sets

**Feet Conditioning**

* Single and Double Leg Seated Relevé
  + 25 double leg x 2
  + 20 single leg x 2
* Toe Pointing
  + 25 double leg x 2
  + 20 single leg x 2
* Sickle Strengthening
  + 25 double leg x 2
* Bevel Strengthening
  + 25 double leg x 2
* Alphabet Feet
  + Double leg x 1
  + Single leg x 1 each foot
    - For an extra challenge do the alphabet backwards
* Supported Relevé in Parallel
  + 25 relevé x 4
    - Yes this is 100 relevés you got this! Remember to rest and breath
* Towel Toe Scrunches
  + Whole towel x 2

**Leg Conditioning**

* Hip Rotation in First Position
  + 25 x 2
* Hip Rotation with Plie
  + 25 x 1
* Pelvic Bridges
  + 10 x3
    - Slow and controlled
* Pelvic Bridges with Relevé
  + 5 (10 relevé once in the bridge) x 2
* Clamshells
  + 30 x 2
* Reverse Clamshells
  + 30 x2
* Knee Lengthening in First
  + 10 x 3
* Passé Planks
  + 4 (right and left) x 3

**Abdominal Conditioning**

* Single Leg Toe Taps
  + 10 (right and left) x 3
* Double Leg Toe Taps
  + 15 x 2
* Open Hip Dips
  + 15 (right and left) x 2
* Table Top with Arm/Leg extension
  + 10 (right and left )
    - Remember to hold for 10 seconds
* Roll Up with Twist
  + 10 x 3
    - Remember to twist right and left at the top for one rep
* Teasers
  + 10 X 3
    - Try passing a towel/balls between your hands and feet
* Scissors
  + 5 x 4
    - Remember right and left is one rep
* Pike Planks
  + 5 x 2
    - Slow and. Controlled 4 second up for seconds down

**Good Job You are Doing Great!**

**\*don’t forget to email me for a special reward ☺**