

This Month's Focus: Turnout

1. Retiré-Lift. Students should lie on their right side with their head resting on their right arm, left hand on their left hip. Their legs should be straight, in a slightly turned out fifth position with the left leg in front. Slide the left leg up to retiré. Lift the left knee so the left foot is lifted several inches off the right knee. Return the left leg to retiré. Slide down to fifth in back. Repeat, sliding down to close in 5th front. Do 2 to 4 sets total. (Closing in back then closing in front is one set.) Repeat all on the other side. When lifting to a higher-than-retiré position, watch that students are not lifting their hips. They should only be lifting their working leg higher.

2. Isometric Développé Side Stretch. Students should lie on their right side with their head resting on their right arm, left hand on their left hip. Their legs should be straight, in a slightly turned out fifth position with the left leg in front. Slide the left leg up to retiré. Take the foot or upper leg in the hand or a strap to an extended développé side. Press the leg (as if you were trying to press it back down to the floor if you were standing) into the hand or strap for 8 counts. Release and hold the stretch for 8 counts. Repeat. Let go of the leg and hold it in the développé side for several seconds before closing it to fifth front. Think of stretching the leg long as you close. Repeat on the other side.

3. Retiré-Attitude. Students should lie on their backs with their legs straight in a turned out first position. Their feet should be pointed. Slide the left leg into a retiré position. Lift it to attitude devant. Students may use their hands to aid in turning their attitude leg out and shaping their working foot. (Note: Aid, *not* force.) Return the leg to retiré. Slide it down to 1st position. Do 2 to 4 reps. Repeat on the other side. You may also, as an option, alternate legs instead of repeating all on the left and then all on the right.

4. Isometric Développé Front Stretch. Students should lie on their backs with their legs straight in a turned out first position. Their feet should be pointed. Slide the left leg up to retiré. Take the foot or upper leg in the hand or a strap to an extended développé front. (Be sure to go through a turned out attitude.) Press the leg (as if you were trying to press it back down to the floor if you were standing) into the hand or strap for 8 counts. Release and hold the stretch for 8 counts. Repeat. Let go of the leg and hold it in the développé front for several seconds before closing it to first position on the floor. Think of stretching the leg long as you close. Repeat on the other side.

5. Seated Attitude. Students begin sitting on a Pilates ball. The hands are on the shoulders with the elbows side. The legs are bent and turned out similar to a demi plié in first position shape. The feet are pointed. Heels should be lifted from the floor. (No sickling!) Lift the left leg into a turned out attitude front. Hold. Lower gently. Lift the right leg into a turned out attitude front. Hold. Lower gently. Do a total of 4 to 8 sets. (Lifting the left leg and the right leg is a single set.) Pay attention that the back remains straight. For some students, it can even be helpful to think of arching the lower back ever so slightly during this exercise to keep their back truly straight.