

This Month's Focus: Grand Allegro

- 1. Knee Stabilization, Part 1.** Stand on your left leg with your right leg extended in a dégagé side. The arch and toes of your foot should rest on a small exercise ball (4-6 inches in diameter). Remember to keep the toes long. Hands are on the hips. Slow fondu and stretch 8x. Repeat on the other side. For added difficulty, stand on a yoga block.
- 2. Knee Stabilization, Part 2.** Balance on a block in fondu with working leg in a low arabesque and arms in 5th position. Hold in fondu for 8 counts. Straighten and balance on flat for 8 counts. Repeat. Repeat all on the other side. Optional: Flex the working foot to really push through the heel and lengthen the back of the leg during the fondu hold.
- 3. Saut de Chat Developé.** Sit cross-cross. Wrap a Theraband over the toes of the top leg. Hold the leg in attitude front. Extend it straight to the front with resistance from the Theraband. Do 8 reps. Other side.
- 4. Grand Jeté en Tournant Take-off.** Sit with both legs stretched straight in front. Legs are turned out and pointed. Arms are in 5th position. Lift right leg straight off the floor and lower. Repeat left. This is one set. Do 8 sets total. Remember to keep the back straight and abdominals long. Hold the head slightly lifted like you would in the actual jump.
- 5. Temps Levé Arabesque.** Students lay on their tummies on the floor. Lift the upper back and look forward. Make 1st arabesque with the right arm front. Switch so the left arm is front. That's one set. Complete 8 sets. Lower and rest in child's pose. Optional: Repeat.