

Tendu Door Flexibility Strap



The 'over the door' leg flexibility strap is designed to improve your leg flexibility in ballet, gymnastics, martial arts etc.

GENERAL TIPS:

- Please check with your dance teacher, doctor, or health professional before stretching, and particularly if you have an injury or previous injury, before commencing exercises.
- Place the stopper strap over the door you will use, with the stopper on the other side of the door. Close the door firmly.
- Test the apparatus in your door without applying full weight – does your door stay firmly shut when you pull on the band? (You may want to lock it).
- Only stretch when muscles are warm.
- Feel no pain – only stretch to the point of mild tension, not to pain. Once your muscle eases, you can stretch a little further.
- Hold the stretch for 10-30 seconds. Don't bounce!
- Pay attention to the posture in the rest of your body.
- Always progress gradually to stretch further each week – flexibility changes slowly. Stop if painful beyond the normal stretch sensation.
- Focus on the muscle you are stretching.
- Breathe normally during each stretch.
- Practice often.



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This is a guide to some of the exercises you can do. These exercises should be done under the guidance of your dance teacher and assuming you have no medical conditions. No liability accepted for injury.

EXERCISE 1

SIDE LEG RAISE

TARGET: ADDUCTOR STRETCH



1. Stand with your back against the door
2. Put one leg through the closest loop, and raise your leg up to the side
3. Keeping your leg straight, and your hips aligned, gently pull the other side of the strap down to lift your leg higher

EXTRA

- Perform heel raises on your supporting leg
- Lower the raised leg to just below hip height and move it from side to side across the front of your body

EXERCISE 2

FRONT LEG RAISE

TARGET: HAMSTRING MUSCLE STRETCH



1. Start facing sideways to the door
2. Put the away leg through the loop and raise your leg to the front
3. Slowly lower back to the floor with control

EXTRA

- Try and keep your supporting leg heel down as you lift the other leg further

EXERCISE 3

BACK LEG RAISE - ARABESQUE

TARGET: STRETCH HAMSTRING ON SUPPORTING LEG AND QUADRICEPS & HIPS ON RAISED LEG



1. Face sideways to the door.
2. Reach behind you to place the outside leg in the loop behind you - around your ankle.
3. Carefully rotate your hips outwards a little, and try to keep your leg straight.
4. Gradually pull the strap down to raise your leg behind you.

Note: Try to keep your shoulders down away from your ears, keep your glutes tight at all times to add challenge.

EXTRA

- Raise and lower your supporting leg heel, and bend and straighten the supporting leg.

EXERCISE 4

STANDING BOW STRETCH

TARGET: HAMSTRING STRETCH ON SUPPORTING LEG, QUADS & HIPS ON RAISED LEG.
GOOD FOR BALANCE & STABILITY



1. Face sideways to the door.
2. Place your away leg ankle in the loop behind you.
3. Bend your back knee.
4. Pull the strap down and forward carefully till you feel a stretch in your quads.
5. Slowly lower your leg to the starting position.

Note: Keep your shoulders down away from you ears, and engage your glutes.

EXTRA

- Raise and lower your heel on the supporting leg.
- Bend and extend your raised leg to strengthen quads.
- Once stable, try hold the strap as high as possible next to/ above your head.

EXERCISE 5

FRONT KNEE BEND & IT BAND STRETCH

TARGET: STRETCH PIRIFORMIS & GLUTES



1. Stand with your back against the door.
2. Put your ankle into the strap in front of you, and flex your knee to the front.
3. Pull down gently bending your elbows slightly. This will raise your leg to the front. Keep your leg bent at the same angle throughout.
4. Gently lower to the starting position.

Note: Keep your elbows tucked into your waist, and pull your shoulder blades back and together. Keep your hips squared to the front and level to improve the stability.

EXTRA

- Heel raises on the supporting leg for extra calf strength.

EXERCISE 6

SEATED HAMSTRING STRETCH

TARGET: STRETCH HAMSTRING & IMPROVE HIP STABILITY



1. Place a stable chair with your back to the door.
2. Extend one leg and place your ankle in the loop in front of you.
3. Gently pull the strap to raise your leg straight in front of you.
4. Slowly lower to the starting position.

Note: Keep your hips level and your pelvis in a neutral position. If you wish to open your hip more, rotate your leg to the side.

EXTRA

- Swing your leg gently side to side, keeping your pelvis in a neutral position and your hips aligned.