

Tendu Mini Loop Bands



The Mini Loop Band is designed to improve strength and stability in the legs, hip and pelvis.

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.

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.
- 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.
- Bands have 3 resistance levels - Light (Pink), Medium (Red), Heavy (Black). Start with lighter resistance and progress to heavy as you get stronger.
- 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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Phone: +44(0)1223 861425 | email: info@balletpro.co.uk
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EXERCISE 3 DIAGONAL SPLIT SQUAT

1. Place the band above the knees and drop to a squat.
2. Raise your body slightly while stepping back and inwards with one leg.
3. Lower the back leg, and feel the stretch in your hips.
4. Step back to the start and repeat on the other leg.



EXERCISE 4 DROP SQUAT

1. Place band around your ankles.
2. Stand with feet in parallel, shoulder width apart.
3. Drop/jump out quickly to a low squat.
4. Jump back to the start.



EXERCISE 1 SQUAT

1. Take a wide stance, feet turned slightly outwards, band just above your knees.
2. Keep your back slightly arched and your chest and neck upright.
3. Squat down backwards, with weight in your heels, until your thighs are parallel to the floor.
4. Push through the heels and return to the starting position (keep your knees in line with your toes - do not let them turn inwards).
5. You can vary this exercise in parallel and turnout to target different parts of your glutes and thighs.



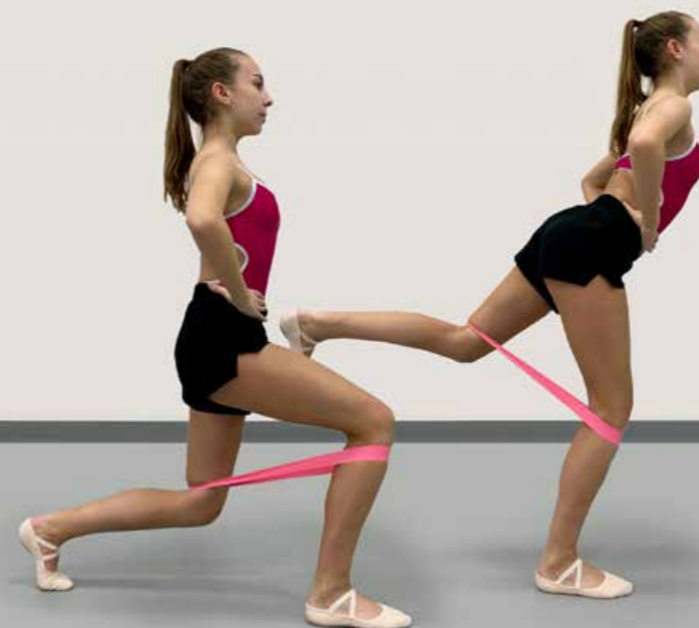
EXERCISE 2 SUMO SQUAT

1. Start in a low squat position with the band just below your knees.
2. Keep your back lightly arched, arms in front and head forward.
3. While trying to stand up, lift your leg to the side keeping it straight and hold for a moment.
4. Return to low squat.



EXERCISE 5 LUNGE KICKBACK

1. Stand in parallel, legs hip distance apart, band around the knees.
2. Drop down into a lunge, making right angles at your knees, and keeping upper body upright.
3. Raise your hips and lean forward, while lifting your back leg.
4. Hold for a moment with a squeeze in your glutes, then drop to start and repeat on the other side.



EXERCISE 6 DONKEY KICK

1. Start on hands and knees with band around midfoot.
2. Kick one leg behind in a controlled manner, while keeping glutes tight and back still (back leg can be bent or straight) lifting your heel toward the ceiling.
3. Pull your belly button towards your spine and squeeze your glutes.
4. Hold at the top and lower carefully to start.
*** Concentrate on keeping your supporting hip still and your butt level while you do this exercise in a controlled manner.**



EXERCISE 7
KNEE RAISE

1. Place the band around the mid feet.
2. Feet hip width apart, hands on hips.



3. Raise one foot in front of you to a right angle (so thigh parallel to the floor).
4. Hold briefly and return to the start.



EXERCISE 8
STANDING HIP ABDUCTION

1. Stand with feet hip width apart, band around the ankles.
2. Extend one foot out to the



- side, keeping your leg straight.
3. Squeeze glutes throughout.
4. Hold briefly and lower to start.



EXERCISE 9
STANDING KICKBACK

1. Place the band around ankles, feet shoulder width apart.
2. Place hands on hips or on chair for support.



3. Lift one leg behind you, keeping it straight.
4. Hold briefly, squeezing your glutes and return to start.



EXERCISE 10
LYING HIP ABDUCTION

1. Place the band around the ankles.
2. Lie on your side, supporting torso with arms on the floor.



3. Keeping legs straight, lift the top leg as high as possible.
4. Hold briefly, contracting your glutes and obliques, and lower to start.

EXERCISE 11
LEANING KICKBACK

1. Place band above the knees.
2. Stand with feet hip width apart, lean forward at the waist.
3. Supporting yourself on

- a chair, spine in neutral position.
4. Lift one leg behind as high as possible, hold and squeeze, and return to start.



EXERCISE 12
CLAMSHELL

1. Place the band just above your knees.
2. Lie on your side, one hand on your hip and one supporting your head.



3. Bend the knees at 45 degrees, keeping feet together.
4. Open your legs at the knees, keeping feet together, hold and squeeze, return to start.

EXERCISE 13
INVERSE CLAMSHELL

1. Start on hands and knees with band looped around feet.
2. Keep your back straight and head looking forward.



3. Open one knee to the side towards the ceiling, spread legs as far as possible.
4. Hold briefly and lower to start.

EXERCISE 14
BRIDGE THRUST

1. Place the band just above your knees.
2. Lie on your back, knees bent, arms by your side.



3. Raise your hips as high as possible, keeping upper body relaxed.
4. Squeeze Glutes- hold for a few seconds and lower to start.