

- EXTRA** • Pull your heels towards your groin, while pressing down on your knees with your elbows. Lean forwards to the floor and hold for 20 seconds.
1. Sit on the floor with your knees bent out to the side and heels touching together. Sit upright with a straight back, and shoulders relaxed and down.
 2. Loop the band carefully around your mid-foot and loop it around behind you to reach around the other foot. The band should sit just above your hips. If it is not tight enough, you can tie a knot in the band to make it shorter.
 3. Hold the position for 20-30 seconds.



TARGET: Improves flexibility of the inner thigh adductor muscles. Also opens the hips, which can become tight from sitting for long periods.

EXERCISE 1 BUTTERFLY STRETCH

- EXTRA** • Lean your arms and body over to the side, reaching towards your toes whilst keeping your chest and head facing forward (Cambre). Try and kiss your knee!
1. Sit in the butterfly position, extend one leg slowly out to the side in line with your hip, **point your toes towards the floor** but keep your knee straight.
 2. While holding on to the band on the straight leg, stretch your other leg out to the side as well, also in line with your hip.
 3. Hold for 20-30 seconds. Try flexing and pointing your toes to feel the stretch points vary.
 4. Relax, then repeat starting on the other leg.



TARGET: Inner thigh and hamstring stretch, abdominals

EXERCISE 2 MIDDLE SPLITS

GENERAL TIPS:

1. Please check with your dance teacher, doctor or health professional before stretching, and particularly if you have an injury or previous injury. before commencing these exercises.
2. Only stretch when muscles are warm.
3. Feel no pain – only stretch to the point of mild tension not to pain. Once your muscle eases, you can stretch a little further.
4. Hold the stretch for 10-30 seconds. Don't bounce!
5. Pay attention to the posture in the rest of your body.
6. Always progress gradually to stretch each week – flexibility changes slowly. Stop if painful beyond the normal stretch sensation.
7. Focus on the muscle you are stretching.
8. Breathe normally during each stretch.
9. Practice often.



Tendu Stretch Loop Exercises



The Stretch Loop is designed to improve your leg flexibility in ballet, gymnastics, martial arts etc.

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Here 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 3 HAMSTRING SIDE STRETCH

TARGET: Inner thigh muscles & hamstrings



1. Start in the butterfly position above, and then extend one leg out to the side. Keep your other leg tucked in from the butterfly position.
2. Flex your toes up, while keeping your knee straight. (Keep your other leg folded in with you heel tucked in, toes pointing out forwards).
3. Hold the band above your straight leg and gently pull in towards you so your calf and foot lift off the ground.
4. Hold this position for 20-30 seconds.
5. Relax and repeat on the other leg.

EXTRA • Raise and lower your stretching leg. Grab your foot with both hands and try to touch your knee with your mouth. Try and make small circles with your stretched leg - clockwise and anti-clockwise. Lean your body and arms over to the side, while still facing forward (Cambre).

EXERCISE 4 CALF STRETCH

TARGET: Stretch of calf muscles & achilles tendon



1. Sit on the floor, legs out in front of you with the one end of the loop around your waist, and the other wrapped twice around your stretching foot.
2. Put one hand on your hip, and the other should grab the band.
3. Pull the band gently up so that your calf and foot lift off the ground.
4. Hold this position for 20-30 seconds. You can vary how much you flex your foot to feel how the stretch changes.
5. Relax for 20 seconds.
6. Repeat on the other leg.

EXTRA • Raise and lower the stretching leg up and down, repeating 5-10 times each side.

EXERCISE 5 HAMSTRING STRETCH IN LYING

TARGET: Hamstrings



1. Lie flat on the floor with band behind your back, between your waist and your shoulder blades.
2. Loop the other end of the band twice round the working foot
3. Raise your leg slowly and carefully while holding the band with both hands on each side.
4. As the band lengthens, the stretch resistance will increase. The closer to your foot that you hold the band, the greater the resistance.
5. Hold the stretch for 20-30 seconds.
6. Rest for 20 seconds and repeat on the other side.

EXTRA • Open your leg to the side and hold for 20-30 secs.

EXERCISE 6 HALF FRONT SPLIT STRETCH

TARGET: Deep glutes, groin area & PSOAS



1. Sit on the floor, and loop one end of the band twice around your foot. Sit in the butterfly stretch position and loop the other end of the band around behind you and around your shoulder instead of your opposite shoulder.
2. Extend the looped leg carefully behind you into a half split position.
3. Slowly stretch the front leg so that it is slightly folded to the side at a 90-degree angle on the floor.
4. Raise your free arm up above your head, using the other arm for balance.
5. Hold for 20-30 seconds.
6. Rest for 20 seconds and repeat on the other side.

EXTRA • Lean forward toward your front leg.