



TurnOut Discs

Use with caution under guidance from your dance teacher.

SUGGESTIONS FOR USE:

- Use on firm smooth floor.
- Place discs on the floor next to each other.
- Place one bare foot centrally on each disc with feet facing in front of you in a parallel position. Use a chair or barre for support until you feel comfortable and secure.
- Start by trying to slowly turn out one leg to a 45 degree angle, taking care to drive the movement from your hip, not your foot or knee.
- Concentrate on keeping your core engaged and your hips still, using your gluteal muscles to drive the movement in a controlled way. Control the movement on both inward and outward rotation.
- Repeat slowly 5-10 times.
- Repeat on the other leg, making sure all movements are controlled and your core is static and muscles are engaged. You can progress to turning out to 1st position.
- As you get more controlled, and you get stronger you can progress to doing both legs and you can gradually try and increase the range of rotation you use. You can also move the discs further apart to achieve a 2nd Position.

Warning: Use with caution under advice from dance teacher.
Do not use near sharp corners/objects. Suggested weight limit - 80kg.

No liability accepted for injury while using this product.

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