

## Pointe Conditioning Exercises (do these in bare feet)

### Test yourselves:

- Self evaluation of posture (head, upper back, lower back, abs, hips, pelvis, knees, feel)
- Balance in parallel releve with eyes closed 30 seconds, both feet, then RL.
- Put bottom of foot against the wall, heel as high as possible, balls of feet stay on floor. Try to straight knee. Repeat with the other foot.

### Sitting on floor: Do exercises in this order

- Myofascial release ball-massage the bottom of feet and toes
- Toe splits
- Fist and explode
- Caterpillar front and back, both feet (doming)
- Toe swapping
- Flex and point through metatarsals (with resistance band)
- Ankle inversion and eversion with resistance band, one foot at a time

### Facing the barre: Do exercises in this order

- Foot circles outward 16x per foot
- Dégagé front with flexed foot, turn in and out 16x per leg
- Demi pointe, press over the top of the foot, bring it back to Demi pointe, lower the heel, alternating RL, 16x each foot.
- Calf rises (should be able to do 25-30 correctly prior to going en pointe)—In parallel on one foot (triggers glutes)
- Calf rises in plie (triggers lower calf muscles)—Same as straight leg, but don't press completely over metatarsals
- Eleve in 1st and 2nd 25x (no plie, resistance band around thighs to increase difficulty), press through the metatarsals at the end, trying to go to full pointe
- Feet in parallel, extend 1 leg to the side at about 45 degrees, lift the leg to 90 and lower back to 45. Repeat at least 16x