

This Month's Focus: Turnout

- 1. Sidelying Clamshell.** Students should lie on their right side with their head resting on their right arm, left hand on their left hip, and knees together and slightly bent. Lift the left knee while keeping the feet together into a clamshell position. Lower the knee to close. Do 10 to 20 reps on each side. For a more advanced option, hold both feet slightly off the floor the entire time.
- 2. Inner Thighs.** Students should lie on their right side with their head resting on their right arm. Bring the left leg bent and in front of the body (in the same position as if you were sitting in a butterfly position—the sole of the left foot should be on the floor and the knee pointing to the ceiling). Point the right foot and keep it straight as you lift it. Lower it but keep it off the floor just slightly. Do 8 slow reps with the foot pointed, followed by 8 quick reps with the foot pointed. Do 8 slow reps with the foot flexed, followed by 8 quick reps with the foot flexed. Repeat on the left.
- 3. Switching Fifths.** Students lie on their backs with their legs in the air. Their feet should point toward the ceiling to make a 90 degree angle with the floor. Turn the legs out and cross them in a 5th position, holding a small (4-6 inches in diameter) exercise ball between their feet. (So one foot will be in front of the ball and one behind the ball.) Switch the crossing of the 5th position so that the opposite leg is in front and back. Switch a total of 10 to 20 times. For added difficulty, lift the upper body and hold it in a crunch position during this exercise. You can also add difficulty by lowering the legs while switching the 5th positions. If you lower the legs, make sure the abs remain flat. If students' tummies are pouching up, they do not have enough abdominal strength for the exercise.
- 4. Seated Pliés.** Students sit with their legs stretched in front of them, flexed with their heels on top of a small (4-6 inches in diameter) exercise ball in first position. Bend the knees for a slight plié and stretch 3x, and turn the legs in and out. Do a total of 3 to 5 reps. To make the exercise easier, students may place their arms on the floor by their sides to help them maintain a flat back and sit tall. To make the exercise more difficult, students should sit tall with their hands on their hips during the exercise. Regardless of the choice of arms, necks should be long and the shoulders relaxed.
- 5. Turnout + Feet.** Students should lie on their backs with their legs in the air. Their legs should be parallel and their feet should be pointed. They should hold their small (4-6 inches in diameter) exercise ball between their ankle bones. Flex the feet. Turn the legs out. Point the feet. Turn the legs back to parallel. Do a total of 8 reps en dehors (as described above). Then do a total of 8 reps en dedans (turn out, flex, turn to parallel, point). For added difficulty, add ab work like in exercise 3 above.