



## **At Home Basic Stretch and Strength Routine for RDA dancers**

### **Level S3 and S4**

**ALL HOLDS AT THESE LEVELS ARE FOR 50 SECONDS**  
**(60 Seconds Max)**

- **Start w/ 50 Jumping Jacks and a 50 second run in place to begin the warm up process**
- **Sit down in a butterfly stretch and hold center/right/left**
- **Repeat the same series in a straddle position**
- **Sit in a pike and stretch forward to hold, repeat 4X**
- **Pretzel stretch with a hold R/L first with a bent leg then with a straight leg. Do each hold series 2X**
- **Lunges R/L hold**
- **Drop Back Knee from lunge position and pull in while your weight is pushing forward and hold R/L**
- **Turned out 2<sup>nd</sup> position bring elbows to knees and gently sway from side to side.**
- **Hold a frog stretch**
- **From your frog position straighten legs and push your stomach off the floor until your arms are straight and hold...then sit back onto your heels and hold.... tuck toes under and stretch legs pressing your heels into the floor.**
- **Bring your right leg forward drop body over the straight legs and hold...then slide into your split and hold. Do this on your R/L and center splits**
- **16 Push Ups**
- **16 Passé Push Ups**
- **30 Dips**
- **20 Sit Ups**
- **80 Crunches (vary Styles)**
- **18 Battements from 1<sup>st</sup> position en croix ~ Standing tall with a turned out leg the entire time, go slow and think about body placement**
- **25 Flex, Point R/L with Theraband...then tie the Theraband on your ankles and do 16 tendus with a flex point en croix R/L**
- **20 Wings with the Theraband on each side, each way**
- **Theraband Stretch on your back and hold do one set with the opposite leg bent and one with it straight twice on both sides**

**\*If you have questions about any of the stretches please ask,  
we want to make sure they are being done correctly**