

FLOORE WORK

- 8 Plie
- 8 Eleve; then hold for 8
- 8 Plie-to-Releve; then hold for 8
- 8x2 Little Jumps in 1st Position; Repeat in 2nd Position
- 2 Tendu Pendulum, developpe to passe, hold for 8; switch sides
- 2 Degage Pendulum, developpe to passe, hold for 8; switch sides
- 2 Grande Battement Pendulum, developpe to passe, hold for 8; switch sides
- 4 Rond de Jambe; Repeat en l'air; switch sides
- 12 Rotating Fondu-Developpe; switch sides

DANCER'S ABS | Jeanette Jenkins for Nike

- 1:00 min Forearm Plank
- 1:00 min Hand Plank; Cross knee to opposite elbow
- 1:00 min Forearm Plank-to-Pike (forearm downward dog)
- 1:00 min Forearm Plank Balance (reach opposite arm and leg); alternate
- 20 sec Cobra Stretch
- 20 sec Upward Facing Dog Stretch
- 20 sec Cat Stretch
- 1:00 min Long-leg Bicycle Crunch (straight legs, pointed toes)
- 1:00 min Boat-to-Ball
- 20 sec Side Plank; switch sides
- 20 sec Side Leg Lifts w/ Lateral Reaches
(bottom arm extended on floor, top arm reaches toward toes); switch sides
- 1:00 min Bicycles
- 1:00 min Roll-Ups
- 1:00 min Toe-touch Sit-up

TURNS

- Pirouette
- Fouette
- A la seconde turns
- Float
- Attitude

LEAPS

- Front
- Side/Center
- Stag, Double-Stag
- Spinning Disc
- Calypso

POSITIONS

- Arabesque
- Attitude (position, turn)
- Leg Extension
- Tilt

JUMPS

- Toe-Touch
- Double Toe-Touch
- Capezio
- Tilt