

PED-I-PUL

Arm Work

Stand on base align spine to pole in neutral position

1. Arm Pull Downs
2. Arm Circles and Reverse
3. Small circles
4. Side Swimming
5. Chest Expansion

NOTES:

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Spine Work

1. The Roll Down and Spinal Imprint
2. Superman
3. Superman with Arm Flutters

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Leg Work and Side Stretches

1. Grand Plies in Turn-out
2. Demi Plies with Arm Circles
3. Legs Parallel hip distance apart – Bent legs with heel lifts and bent arm pulls

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Lunges

Face Pole. Place one foot on base, other foot on floor.

1. Bend Front knee. Lift back heel/lower/ arm pull down and release

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Puncher

1. Single arm with heel lifts
2. Double Arms
3. Pull Backs and Circles

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Foot Rollover

1. Straight leg rollover with arm pulls
2. Bend and straighten legs
3. Combo

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Arabesque Series

Stand on base with spine aligned on pole

1. With low back on pole extend leg back. Circle front.
2. Bend leg. Extend front. Bend and extend back. Lean forward and place foot on floor. Straighten torso. Bend and straighten legs. Lift back leg to arabesque. Circle to front.

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